men's style AUSTRALIA



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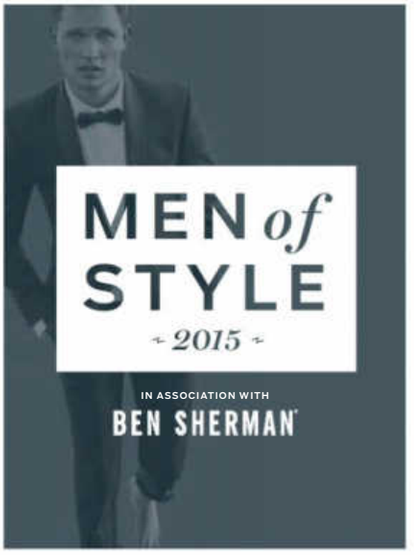
EDITOR'S NOTE

Hello loyal reader and welcome to our annual Men Of Style edition, our tribute to those chaps both local and international whose personal sense of style we rate and admire. And by style, we don't just mean their way with a blazer, a pair of chinos, and some tan brogues. In old-fashioned parlance, we also just like the cut of their jib as contemporary men.

Many thanks to our list's principal sponsor – and stylish man dresser – Ben Sherman, as well as our supporting sponsors Bell & Ross, Balmain Homme and Jack Daniels Gold. While various competing lists have cropped up in the six or so years we've done Men of Style in this title, it's an interesting phenomenon that the list has become – we'll confess – a tad easier to put together over that period as more men take an active interest in their appearance and more men turn up to events "red carpet ready". As ever, we'd appreciate your feedback on our choices.

Spring is an important and busy time in fashion. Menswear retailers see many blokes for the first time since they came in after Christmas to get new workwear for the year ahead. Now they're back looking for pieces to wear to Spring Racing, to wear to parties and the work functions that seem to mushroom as the year fast draws to a close. In that respect we feel we've covered all bases in this issue, offering you Spring Racing ideas, suiting options, smart casual looks, classic tailoring as well as more trend-driven outfits. In between we trust there's some compelling reading on canny investing, on awe-inspiring efforts, on new fitness ideas and some honest answers from Australia's favourite fella, Mr Hugh Jackman. Enjoy.

MICHAEL PICKERING
Editor



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mensstyle@bauer-media.com.au
Please include your contact details, including phone number and address. Letters to Feedback may be edited due to space restrictions.

FEEDBACK

TATT'S OFFENSIVE

I was looking forward to reading the Alex Proud Peak Tattoo article [Winter, 2015]. Started off well but then quickly turned into one man's opinion, in some parts offensive... not to tattooed people but to people with a mental illness like my 8-year-old son due to the quote, "there is a whiff of mental illness about [being tattooed]." I'm heavily tattooed and am use to getting the looks, the comments, the whys. I love it and I'm always willing to change people's perceptions. I'm 38 years old, a business owner who's often asked, "Are you really the boss and is that really your Mercedes?" Yes, it is, and no, I'm not stealing it. As one 75-year-old tattooed gentleman said to me once, the only difference between tattooed and non-tattooed people is that tattooed people don't care if you're not tattooed. I sometimes wish this worked the other way.

Matt Duffy, Brighton, Qld

LAD LOGIC

On a recent holiday I picked up the Winter issue. Having never read *Men's Style* before, I was intrigued to discover that this was the first edition to feature a man on the cover. I admire the qualities of beautiful women as much as the next man, but had your Winter issue featured a lady on the cover, honestly, I probably would have assumed it was another "lad mag", What a good read! Bring on the Spring edition!

Callan McDuff, Warrnambool, Vic



WINNER

Matt Duffy wins a Le Grand Sport Solar Alarm Chronograph from Seiko, valued at $695. Powered by any light source, no battery is required for this stainless steel model, water resistant to 100 metres with sapphire glass, a 12 hourly alarm and a 60-minute stopwatch. **1300 368 546**; **www.seiko.com.au**


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Page 30 Watch video of our intimate Alpina Watches dinner for influencers at Flying Fish restaurant.

Page 42 See an extended video of annual Men Of Influence dinner, held this year The Bridge Room with cover star Tim Robards in attendance.

Page 56 Download and collect our latest travel guide – this issue it's a ready reckoner to cool spots in Tokyo.

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May 2015, Sydney

COACH

In late May *Men's Style* co-hosted an in-store event with luxury New York label Coach at its beautiful men's store in Sydney's Queen Victoria Building. One of the only cities in the world, apart from New York, to boast a dedicated Coach men's boutique, a good crowd showed up to look over our editorial picks from the brand's luscious array of bags, backpacks, leather accessories, jackets, outerwear and more. Glenmorangie cocktails were served as *Men's Style* editor Michael Pickering and Glenmorangie ambassador Garth Foster gave short speeches welcoming guests to the store. Amazing turn-out for a State Of Origin night!











Guests check out the luxurious array of Coach product while enjoying Glenmorangie cocktails.

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Myka Hoffman and Luke Bussell.



Tim Bowen, Catherine Patrick and Mitchell Duff.



Joshua Goodman and Graeme Goldman.

June 2015, Sydney

ALPINA

Flying Fish restaurant in Sydney's Pyrmont was the venue for an intimate dinner co-hosted by *Men's Style* and Alpina watches in June. The Swiss heritage brand, one of the pioneers in the sports watch category, has progressively lifted its profile in Australia and a night showcasing some key pieces to influencers continued this trend. The brand's CEO Guido Benedini, in Australia for the dinner, introduced guests to the brand's major release for 2015, it's Horological Smartwatch, launched at Baselworld earlier this year. Read more about Alpina and the groundbreaking smartwatch in an interview with Benedini on page 108 of this issue.



The private dining room at Sydney's Flying Fish.



Guido Benedini and Gary Ching.



Phil O'Neil and Samantha Clarke.



Guests tried on a variety of Alpina pieces.



Katrine Pascoe.



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SEE MORE
For a video of our night coveting beautiful Alpina timepieces, scan the page with the free viewa app.

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Cassie Muller, Kate Farr and Sean Baxter.



Natasha Floyer, Nick Havers, Bryan Wilmot and Sophie Walton.



Adam Ballesty and Cameron Northway.



Vanessa Piercey and Juliet McDonald.



Christina Meathrel and George Campbell.

July 2015, Sydney

SINGLETON

Diageo's launch of one of the most versatile and approachable whiskies in its portfolio, the Singleton Spey, involved an interactive and multi-sensory event at Sydney's The Grounds of Alexandria in July. The brand's Australian whisky ambassador, Sean Baxter, squirelled guests away in a private room in shifts to do tastings of the smooth, beautifully balanced single malt blend, while in the larger room guests enjoyed shareplates and desserts which complemented and enhanced the blend's taste profile. Common comment on the night: "I don't even like whisky... but I like this!" We concur.



Chris Chew, Federica Thorn and Shane Casey.



Kent Ross, Simon Starr and Tim Martin.



Kevin Burke and Corinne Mossati.



Emma Tocchet, Winsome Walker, Danielle Jackson and Alicia Neil.



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Bronwyn McCahon.



Samantha Jade performs.



Latticia Taylor, Alissa Thomas and Laura Wilson.

July 2015, Sydney

RUNWAY WEEKEND LAUNCH

Fashion mag editors and key industry people recently attended the launch of Runway Weekend, where some of Australia's most loved fashion brands will combine with premier fashion, beauty and lifestyle editors to present back-to-back runway shows and exciting beauty and fashion activations at Sydney's Overseas Passenger Terminal on Aug. 29-30. Singer Samantha Jade was announced as the event's ambassador... which seemed a good enough reason to break into song, as she did to round out the launch. Best of luck with the event, ladies.



Samantha Jade.



Meg Bellmore, Katherine Rizik and Kirsty Bradley.



Michael Brown.



Amy Nelmes and Kieran Campbell.

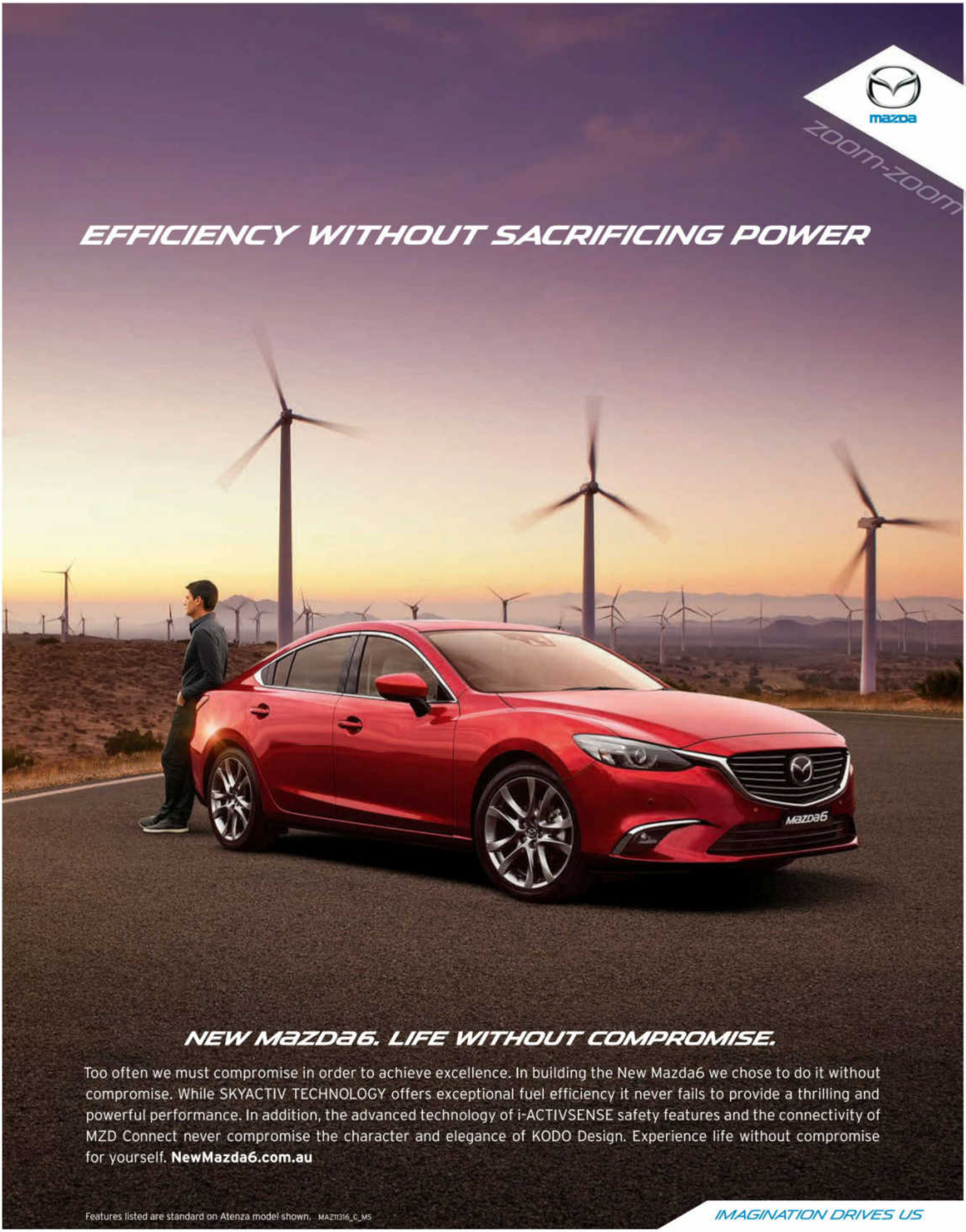


Alissa Thomas and Anna Heinrich.



Dan Nitsche and Katrina Ross.


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page 56 »

WOMEN

India de Beaufort

EXOTIC BEAUTY

WE'VE DEVELOPED A NEWFOUND APPRECIATION FOR *BLOOD AND OIL*'S INDIA DE BEAUFORT.

Beautiful English actress and singer-songwriter India de Beaufort was born for the biz, both her parents appearing in UK television shows of the 1960s and '70s as dancers.

The dark-featured 28-year-old beauty appeared in a number of UK television shows before landing a role in Simon Pegg's 2008 comedy *Run, Fatboy, Run*. That break inspired her to try her luck in the US, where she's found steady work as part of the cast of *One Tree Hill*, *Jane By Design*, *Chicago P.D.* and most recently, as Jules Jackman in high-profile small-screen drama *Blood And Oil*.

"You're a smaller fish in the US," she says. "There's just so many more TV shows, and actors, and actresses. In the UK, you're in a much smaller market...

"At my age I think it's important to take advantage of my career choices and see as much of the world as possible," she continues. "I find myself never really staying anywhere for too long, but I don't mind saying there's nothing like a chip butty with brown sauce and a cup of tea... and my favorite chippy is at home."

You can take the girl out of England...





Photo by BEN MILLER/CORBIS OUTLINE

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EVENTS

A MATTER OF INFLUENCE

OUR ANNUAL MEN OF INFLUENCE DINNER PROVED A STELLAR NIGHT AS ALWAYS.

Our 8th annual Men Of Influence dinner to launch the Winter issue was a little different to our past events.

The attendance of our first-ever male cover star – and 2015 Man Of Influence – Tim Robards, along with his beautiful partner Anna Heinrich, made the occasion extra special for the magazine and those who work on it, as we celebrated a convivial evening at The Bridge Room in Sydney.

A good number of the men who appeared on this year's list were also in attendance, including Tom O'Connor, Matt Nable, Aaron Smith, Christophe Hoppe, Paddy Coughlan, Nunzio Bagnato, Alan Duffy, Trent Power, James Freeman, Darren Palmer, Luke Scott. Lance Kalish and Matthew Ely.

Guests also included valued supporters and partners of *Men's Style* and representatives from our principal sponsor Maserati, including Maserati Australia managing director Glen Sealey, and our supporting sponsors Dom Bagnato and RADO.

Guests were welcomed with cocktails featuring Four Pillars Gin before The Bridge Room's chef Ross Lusted delivered an outstanding menu starting with steamed scallop pudding, whipped prawn bisque, fennel and pickled caper leaves, before a main of Robata grilled beef, foraged mushrooms, black cabbage, potato, cipollini onions and onion ash.

Editor Michael Pickering congratulated the men on the list who had made the dinner while highlighting some of their responses to the question asked in magazine revealing something not many people would know about them. Tom O'Connor's range of impressions, Nunzio Bagnato's viral dance video, Paddy Coughlan's love of soup dumplings and white chocolate, and Darren Palmer's DIY haircutting, all got a mention.

> This year's dinner was a little different to our past events, thanks to the cover star.

Thanks once more to our sponsors of the evening - main sponsor Maserati, as well as Dom Bagnato and RADO – and to The Bridge Room and Four Pillars Gin for the helping us make the event another highly memorable night.

Work begins on next year's list immediately! mn











Clockwise from top left: Nunzio and Dom Bagnato; Steven Chee and Marina Didovich; Michael Pickering; Renee Lord, Sharon Lucius, Meagan Pate and Darren Palmer; Anna Heinrich.

SEE MORE

For an extended video of our 2015 Men Of Influence dinner at The Bridge Room, scan this page using the free viewa app.



men's style

MEN OF INFLUENCE

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Clockwise from top left: RADO timepiece; Dr Alan Duffy; Natalia Mimo, Clare Hesse and Skye McDonald; Tim Robards; Matt Nable and Aaron Smith; Elliot Waldron, Matt Doran, Bilgen Tug and Glen Sealey; Katrine Pascoe and Tom O'Connor; Elliot Waldron and Matt Doran; Skye McDonald and Stuart Baillie; Four Pillars cocktails.

















STYLE



ASK DAVID*

AUSTRALIAN FASHION INDUSTRY EXPERT *David Bush* ANSWERS READERS' STYLE QUERIES.

Spring Racing seems to have become a big fashion competition – should one observe the etiquette of the race days or deconstruct them?

– Jed, Caulfield, Vic.

Australian style has really come into its own over the past decade or two. Men particularly have embraced what it means to shed the norm and be an individual. I celebrate that. In fact, if I could I'd let off fireworks to show how excited I am by this change. However, part of embracing your own style is knowing when to observe tradition and honour its purpose. That is stylish in itself.

Spring Racing is just that time. Harden up, guys, and take the time to understand the dress codes for each carnival day. Embrace the theme. Only then do I suggest you overlay your own style and personality.

There is nothing better at Derby Day, for example, than looking out over a sea of racing enthusiasts all in Black and White. Don't be the dude who stands out in a bright blue suit. FYI, you don't look cool. You look like a disrespectful dick. Just sayin'...

Are there rules about wearing bowties? Should you wear them with vests and hats, like some old blues musician?

– C. Bowers, Normanby, WA

Confidence is the only rule I apply to wearing a bow tie. If you've got it, flaunt it.

Most people associate the bow with more formal occasions, which is a completely appropriate time to wheel it out and if that's the only time you feel the need to wear one, that's fine.

If your desire for the bow tie goes beyond non-formal occasions, also totally fine. The fabric will indicate whether it's formal or not. Cotton and other more relaxed fabrics can happily be worn anytime, whilst silk is only for a mate's wedding.

My view is that if you feel the need to wear a bow tie casually, less is more. Let the bow say it all and pare back the balance of your outfit. No hat; try to steer away from the old muso look.

Whatever the occasion, there is no excuse for a fake. Learn how to tie your own bow. Way more stylish.



Are you a fan of the hipsters' short-back-and-sides 'do and bushranger beard combo, and those who've followed them? Do you think that, like all fashion, this abomination will pass?

– G. Hawkins, via e-mail

Your question needs a three-part answer and here is the short version. Yes, No and Yes.

The long version needs some explanation. Like most trends, when we see it being worn by the early adopters (or 'cool kids') it always looks great. Maybe not for we mere mortals but we can appreciate coolness and youth. At this point I'm a fan – cool 25-year-old hipsters proudly sporting the bun and beard, in low slung jeans and denim shirts drinking boutique beer whilst checking the time on a vintage fob attached to a tweed vest. What's not to like, right?

As we're marveling at the coolness of it all, the 40-something advertising exec decides he, too, can pull it off. So what if the jeans show a little too much butt and the denim shirt is one he purchased 15 years ago and he replaces the vest with his suit jacket. What's not to like, right? ALL OF IT. Step away from the bun and beard, dudes, and pull those jeans up. This trend was never for us!

Are catwalk shows necessary? I see nothing during them that I'd actually wear...

– Simon, via e-mail

This question has been asked since Adam sported his first fig leaf at Eden's first fashion week.

As someone who has been involved in the industry for many years, I see the value they add to the industry. Runway shows provide theatre, fun and spectacle, thus providing the lens through which many, including the media, see fashion. This in turn is disseminated to us, the consumer, creating billions of dollars of demand for products we don't actually need.

The short answer is: these shows create the conversation that ends in consumer spending.

Got a question for David?
Email us at mensstyle@bauer-media.com.au with 'Ask David' in the subject line and he'll answer your most pressing fashion and style questions.

BOW TIE FORMULA



Silk = Formal



Fabric & Cotton = Casual

* *David Bush has worked in the fashion industry for over 25 years [mostly as the GM of Fashion for David Jones] and now has his own retail consultancy business DBC Consulting, advising some of Australia's best retail and fashion brands.*

ICONS OF STYLE



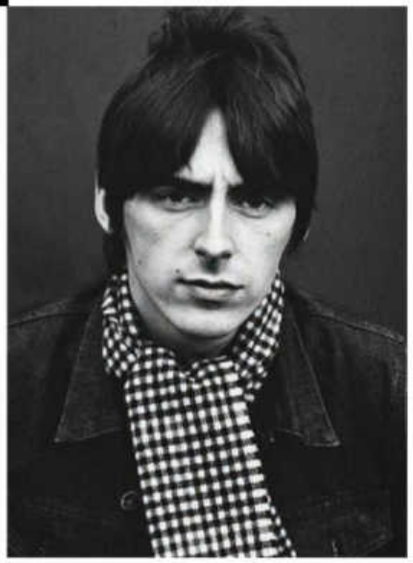




IMAGE IS EVERYTHING

PAUL WELLER IS ONE OF THE UK'S GREATEST MUSICIANS OF THE LAST 40 YEARS – AND ONE OF ITS MOST STYLISH.





Called 'The Modfather' and the most stylish man in British rock, Paul Weller's love of fashion has accompanied and informed his career in music for close to five decades now.

The lad from Woking who as frontman and chief songwriter in The Jam came to write some of the defining musical anthems of the early eighties – "That's Entertainment", "Down In The Tube Station At Midnight", "Going Underground" and "The Eton Rifles" among them – has always possessed a keen dress sense.

The son of a 1950s "teddy boy", Weller always understood that being into a band was also about being into the look of the band. While the punks of the late 1970s made their own fashion statements via ripped t-shirts and jeans held together with safety pins, Weller channelled the Mod revival – Ben Sherman, Fred Perry, et al – topped by the distinctive haircut. He also, however, wore suits on stage and for press pictures, often double-breasted, presaging the New Romantics (Spandau Ballet, OMD, etc) of the early 1980s who also re-embraced suiting.

Apart from a minor stylistic blip in the mid-1980s when he formed The Style Council with keyboardist Mick Talbot – still Mod'ish, but with a floppy, long-fringed hair-do and some questionable shirts – Weller has gone from fashion strength to strength as his hair has silvered but his music has remained progressive and relevant.

Moreover, fashion has become much more than just part of the cool musician's armoury. Weller has contributed to collaborations with Fred Perry and Ben Sherman, as well as designing two capsule collections for fellow rock star Liam Gallagher's Pretty Green menswear label.

Last year, Weller finally launched his own label, Real Stars Are Rare, with a 55-piece collection of shirts, knits, trousers and tops. His worlds of music and fashion had reached their inevitable destination.

"Clothes and music, music and clothes, for me they go hand-in-hand," Weller told *The Guardian* at the launch. "They've helped shape who I am.

"That love of detail, the Mod thing, it's eternal for me. It's ingrained, I don't even think about it. It's all art, you know what I mean?" mn







MIX MASTERS

TWENTY-FIVE BARTENDERS, TWO DAYS, COUNTLESS CHALLENGES, ONE WINNER – *James Cooney* GETS UP CLOSE AT THE PRESTIGIOUS DIAGEO RESERVE WORLD CLASS AUSTRALIAN GRAND FINALS.

"This is huge!" exclaims Tim Philips, Australia's most awarded bartender. "It's the biggest comp in the world and the competition that every bartender wants to win. It can change your life."

Philips knows this truth better than most. As the Australian finalist who went on to win the global Diageo Reserve World Class competition in 2012, Philips is not only a judge at today's Australian Grand Final, he's also opened his own successful bar since winning – Bulletin Place – in Sydney's CBD.

"If you're the lucky guy or girl who wins, you get propelled onto a pedestal," says Philips of the world's premier bartending competition. "It can take a bartender from total anonymity to being one of the most respected in the world."

The two-day competition at Strickland House in Sydney's Vaucluse sees Australia's best 25 bartenders compete in a host of cocktail concocting challenges which are judged by internationally acclaimed gurus of the industry – whisky expert Dave Broom, *MasterChef* host Matt Preston and former World Class winners Luke Ashton, Charlie Ainsbury and Philips.

The finalists come from all corners of the country and some of them have been preparing for this for years.

"This means everything to me," laughs Brisbane bar owner Martin Lange. "It opens 100 doors if I win. It's not just about making a good drink. You've got to know food background, science background and sometimes history background. There's so much to it."

The challenges are designed to push the mixoligists to the limit and are judged against a tough criteria which includes balance, artistry, visual aesthetic, technique and innovation. The winner of the Australian leg will go onto compete against the world's best at the global final of the Diageo Reserve World Class in September.

So how does a bartender set himself apart from the pack? Philips believes it's about not following trends. "It's dangerous to [do so] because what is trending here is probably trending elsewhere and you'll find out that a lot of other people are doing the same cocktail as you. To really stand out you need to do something different and let your personality



'The lucky guy or girl who wins gets propelled onto a pedestal.' – former winner, *Tim Philips*.





Clockwise from far left: Finalist Stuart McCluskey during one of the challenges; judge Darren Robertson; the 25 finalists share a drink; another of the finalists; judge Matt Preston, resplendent in pink.

shine. You've got to put your personality into the glass."

Lette Needham, also from Brisbane and one of the few female finalists, says preparation is everything but nerves can still be a factor. "Nothing prepares you for being in front of the judges – it's a whole different thing. But I've been doing as much preparation as I can."

Lange wears headphones during the challenges, not to look cool, but to take the edge off. "This calms me right down. Everybody wants to know what I'm listening to – it's prog rock like Pink Floyd and Genesis," he explains. "It's easy to get distracted with everybody doing their thing. This gets me out of my head."

Australians have traditionally done well at the global finals of the World Class competition and Philips believes this is because hospitality comes naturally to us. "We're friendly, personable and humble and all these traits translate into what makes a good bartender," says Philips. "Besides that, we have some of the best bars in the world. We take influences from the best bars in Europe and we're in tune with what is happening in the US and Asia too." mn



AND THE WINNER IS...

Jack Sotti of Boilermaker House in Melbourne (above) emerged from the exhausting two-day event to be crowned Bartender of the Year for 2015. His signature cocktail submission called 'The Conversation' – blending Johnnie Walker Double Black and Bundaberg Small Batch – wowed the judging panel.

"It was pretty surreal, I was in shock," explained Sotti. "But it's an amazing honour and I'm super proud. I've never won a trophy in my life."

Sotti thought he performed particularly well in the whisky round. "I wanted to use heat with this drink because you create chemical reactions that meld flavours together and create new flavours, like when things caramelise," Sotti explains to *Men's Style* about his winning drink. "After I'd done this I wanted to bring the cocktail down to a cold temperature so you can enjoy it. But all the ingredients combine so well you don't know where one starts and the other one ends."

The competition also recognised achievements in the following categories, crowning winners for each challenge: 'The Veggie Revival': Rowan Furlong from The Victoria Room (Sydney); 'The Welcome Drink': Jenna Hemsworth from Lui Bar (Melbourne); and 'World Class in a Cocktail': Sasha Leonard from Double Happiness (Melbourne).

"This competition is the *MasterChef* of the bartending world and I was completely blown away by Jack and all of the finalists' outstanding talent, technique and creativity," judge Matt Preston told *Men's Style*. "World Class looks to expand this beyond trade and encourage consumers to understand and practice the art of fine drinking."

Sotti will now travel to Diageo's seventh annual Global Diageo Reserve World Class Competition, held in South Africa later this year. Soon he will find out what the challenges are for the event and he can start preparing some ideas. In addition to this, Sotti will be flown around the world to explore 80 bars, from the world famous Aviary in Chicago to Bon Vivant in Edinburgh. The tour is comprised of the ultimate bucket list of bars, meeting patrons, industry gurus and mixologists en route.





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MUSIC



HOLY ROLLERS

AUSTRALIAN DUO HOLY HOLY ARE TURNING HEADS IN SOME UNUSUAL PLACES, *writes Rod Yates.*

You know you must be getting somewhere when the British tabloids deem you worthy of coverage.

Though renowned English music weekly the *NME* has sung Holy Holy's praises on several occasions, for guitarist Oscar Dawson (above, left) it was when he saw the band's name in the UK's *Daily Mirror* that he thought something must really be happening. "I don't know where they got their information, but they said Nick Cave is a big fan of the band and I'm fairly sure they just made that up," he smiles. "I hope it's true. But I'm fairly sure they made it up."

For Holy Holy – Dawson and singer Tim Carroll – the journey began more than a decade ago. Dawson met Brisbane native Carroll in 2003 while they were teaching English in Thailand. Though neither had done anything of note musically, both had guitars they would sit and strum. Fast forward to 2011, and Carroll was living in Stockholm and Dawson in Berlin with his then-band, Dukes Of Windsor. When Dawson went to stay with Carroll it marked the beginning of a creative relationship whereby the duo would swap ideas via e-mail and, in short bursts, fly to each other's home to develop them.

By 2013 they'd returned to Australia – Carroll in Brisbane, Dawson in Melbourne – and the ideas had developed to a point where they'd just released their first single, "Impossible Like You", and gained professional management, ushering in a serious stint of touring that saw them navigate Australia's highways supporting the likes of Boy & Bear, Ballpark Music and The Preatures. The activity culminated with a run of dates through Europe earlier this year with performances at Barcelona's Primavera festival and London's The Great Escape.

While racking up the kilometres they continued to refine the songs that comprise their just-released debut album, *When The Storms Would Come*, a record of dreamy indie-pop that pits Dawson's soundscape-esque guitar work against Carroll's tales of emotional turmoil, both experienced and observed. The singer found inspiration for the song "If I Were You" while tending bar at an Irish pub in Stockholm.

"One night there was this customer who was super drunk and slurring and leaning all over the bar, and at one point he leaned forward to a female bartender and said, 'If I were you I'd buy a horse and ride it far away.' And I immediately thought that was very poetic and interesting. For me it was not so much that he thought she should do that, but he was trying to escape from something in his own life. So the main protagonist in the song is saying, 'If I were you I'd do this and I'd be a better person,' but he's really reflecting on himself and all the ways he wishes he was a better man."

And then there's "The Crowd", inspired partially by his then-girlfriend's dreams of "strangling and stabbing people to death".

"It's about feeling horrified by what your own mind can manufacture," chuckles Carroll. "Everybody has dreams about fucking various people they shouldn't. I had this dream about a zombie apocalypse, so I just pushed these concepts together into the song."

It's pop, then, but not as you know it. mm

REVIEWS

with ROD YATES



THE MACCABEES

Marks To Prove It (Caroline Australia)

Though at times guilty of emulating the Arcade Fire ("River Song"), the UK quintet's follow-up to 2012's Mercury Prize-nominated *Given To The Wild* is still an expansive and lush piece of work. The likes of "Silence" and "Slow Sun" make this their most affecting work to date.



SUZE DEMARCHI

Home (Social Family Records)

The Baby Animals singer releases her second solo album, cherrypicking covers that revolve around the theme of home – CSNY's "Our House", Ryan Adams' "Come Home", The Clash's "Safe European Home" – with the help of Tex Perkins, Jimmy Barnes and Russell Morris. Her versions are a tad too faithful to be considered essential, but her voice is stunning.



STEREOPHONICS

Keep The Village Alive (Warner)

For a band so adept at chronicling ordinary emotions in four-minute songs, Stereophonics have also produced some of the UK's most bog standard pub rock. They only commit that sin once here, in "Sing Little Sister". Elsewhere, it's a captivating effort that swings between introspection and balls-out rave-ups.



FIGHTING WORDS

WRITER CHUCK PALAHNIUK OPENS UP TO *James Cooney* ABOUT THE SEQUEL TO *FIGHT CLUB* AND WHY HE THINKS HE'S A 'ROMANCE NOVELIST'.

Almost 20 years ago Chuck Palahniuk achieved cult status with his luridly nose-bloodying novel *Fight Club* and has since released a steady succession of wickedly grim novels such as *Survivor* and *Choked*. Now, Palahniuk has released a long awaited sequel to *Fight Club* in comic form and a collection of short fiction called *Make Something Up*.

"Maybe some people expect me to be deranged, but I think that's less the case now," says Palahniuk (pronounced Paula-nick) from his home near Portland, Oregon. "People have gotten used to the idea that I'm just a regular person who is just a lightning rod for these stories. My job is a lot like an accountant, a bookkeeper or a journalist where I'm gathering things and presenting them in a very organised way."

Indeed, anybody who's spoken to Palahniuk knows him to be calm, well-spoken and contemplative. He seems a million miles away from the chaos that inhabits most of his novels. Truth be told, Palahniuk thinks of himself as more of a romance novelist at heart.

"My novels on the surface might look nihilistic or violent or whatever, but they're all basically a reinvention of romance where one person is leaving isolation and creating the circumstances that allow him or her to get back into a community."

Still best known for his 1996 debut novel *Fight Club*, Palahniuk never expected it to become so popular. "I was just determined that even if one person at the publishing house read it, than that one person would never forget it regardless of it being published. I just wanted to make my mark on that one person." Now, nearly two decades later Palahniuk has decided to reopen the *Fight Club*. Why now?

"Boy, there are a few reasons," he says. "One is that I had no idea that I'd be talking about it probably for the rest of my life. And with that in mind now I'd like to broaden the mythology in the way Stephen King would, so that it stretches into the past and into the future. It's not just one finite episode... It's something that's affected people across time."

Palahniuk sees no mystery to why he has such a cult following, particularly with young men.

"A lot of books don't really have much pay-off for the amount of effort and attention it takes to consume a book..." he says. "Every other story telling form has more pay-off for less effort. So I just try to include as many surprising and unexpected things as possible." **mu**







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TRAVEL

THE DOWNLOW ON WE-HO

Rod Yates ACTS AS COOL AS POSSIBLE WHILE EXPERIENCING ONE OF LA'S HIPPEST PRECINCTS – WEST HOLLYWOOD.













It begins with my driver, A.J., a burly African-American in his fifties who picks me up at LAX on a sunny Monday morning in late April. Judging by his stories about Brad Pitt and Jennifer Aniston, I'm clearly the least famous person ever to ride in his luxury SUV, but I'm also not about to hit him in the head with an empty bottle of Jack Daniel's, as Faye Dunaway apparently once did. I am, however, en route to West Hollywood – "WeHo" to locals – a city of 4.8 sq km with a population of 39,000, located at the base of the Hollywood Hills and adjacent to Beverly Hills. It gained notoriety in the 1920s as the lightly-policed Sunset Strip became a haven for nightclubs and speakeasies, and today is synonymous with cutting edge culture, entertainment and design.

RIOT OFF SUNSET

When A.J. drops me at the Sunset Marquis (**www.sunsetmarquis.com**) on Alta Loma Road, a quiet side street spitting distance from the infamous Sunset Strip, I stand back and take in its understated entrance – a simple awning and a doorman are the only indication that behind its glass doors sit 52 luxury villas and 100 standard rooms that have played host to some of the world's biggest stars, from U2 to the Stones. As Aerosmith's Steven Tyler says in the 2013 book marking the hotel's 50th anniversary, *If These Walls Could Rock*, "The pool? Probably fill it two times with the amount of cocaine that was done here."

If the low-key atmosphere and promise of privacy are two of the attractions for celebrities, the hotel's whiskey bar, Bar 1200, is surely an added bonus. Intimate, dimly lit and – as with much of the hotel and its grounds – lined with framed photos of rock 'n' roll icons, I spy no celebs on my first night, but am charmed by a leggy bartender called Courtney who moved here from New York for the perfectly West Hollywood reason that she "gets to live my weird vegan life and do yoga". She makes a Bourbon Smash (Makers Mark, muddled lemon, mint and Simple Syrup) so nice I have to try it twice. And then a third time.

The next day I spend the



Now Boarding



I walk into The Den on Sunset to see *Hot Tub Time Machine* actor Clark Duke belting out a karaoke version of Oasis' 'Wonderwall'.

afternoon supping beers by one of the hotel's two pools and exploring the lush gardens that flank Cavatina, an alfresco restaurant that, on my first evening, plays host to Tony Hawk. It may sound like the domain of the rich and famous, but at $300 a night for a standard room, it's a fantastic base for a week in West Hollywood.

On a budget? Try the Grafton on Sunset (**graftononsunset.com**). Still boutique, my night there costs $180, and though the room is much smaller than the Marquis', its location is excellent.

SUNSET EATS

My initial foray into West Hollywood begins with a stroll along Sunset Strip. Though a renowned haven for rock 'n' roll – clubs such as The Whisky, The Rainbow and The Roxy were the epicentre of the '80s glam scene, and before that played host to the likes of The Doors and Led Zeppelin – my nighttime activities are focused more around its boutique restaurants and bars.

The balmy Californian evenings explain the popularity of alfresco dining, and I spend as much time at Eveleigh on Sunset (theeveleigh.com) looking at the sun descend over LA as I do perusing the menu. Owned by two Australians, Nick Mathers and Nick Hatsatouris, and opened in 2010, its food is rustic and farm fresh. And while its handcut tagliatelle has the feel of a home-cooked meal, the French fries with truffled aioli steal the night.

Similarly popular in West Hollywood are share plates. At The Church Key (**thechurchkeyla.com**), also on Sunset, my table picks from the "modern American-styled" menu and orders pork belly salad, strawberry salad, chicken tikka and steak with mushroom ragu pie, all of which is divvied up while waiters circle the room with dim sum carts containing delicacies such as sliders and halibut tacos. My hero? The cocktail waitress wheeling a Pan Am flight case who, with the aid of liquid nitrogen, transforms cocktails into popsicles.

For lunch: Try Gracias Madre (**graciasmadreweho.com**), an organic vegan Mexican restaurant on Melrose. The BTLA wrap – wheat tortilla, coconut bacon, avocado, chipotle aioli, pico de gallo and greens – is hearty. Wash it down with the Three Miracles margarita – its ice cubes contain absinthe.

BAR HOPPING

It says something about West Hollywood's bars that when I walk into The Den on Sunset (**www.thedenonsunset.com**) – a low-key, good-time place perfect for beer drinking – and see *Hot Tub Time Machine* actor Clark Duke belting out a karaoke version of Oasis' "Wonderwall", it's not the most memorable sight of my Wednesday night. That award goes to the six-foot-seven transsexual male being led around on a dog leash at The Abbey (**www.facebook.com/TheAbbeyFB**), regarded as the best LGBT bar in WeHo, as women in lingerie writhe around on nearby platforms. The most surreal sight of all? Drinking a Jack Daniel's in world-renowned rock club The Rainbow as Guns N'Roses guitarist Gilby Clarke walks in the very moment GN'R start playing over the speakers. The coolest bar I discover, though, is Now Boarding (**www.nowboardingla.com**), a vintage cocktail bar on Santa Monica Boulevard with decor inspired by '70s air travel. My bartender, an Aussie named Paul, recommends the Wheels Up cocktail, consisting of Birdog peach whisky, Aperol and lemon tangerine. Good call.

If you've got cash: Hit Soho House (**www.sohohousewh.com**). Membership costs US$2,000 a year and two members have to nominate you for application, but the panoramic view of LA alone is worth the price of admission.

BODY BEAUTIFUL

Madonna and Taylor Swift are disciples of a new exercise craze called SoulCycle (**www.soul-cycle.com/studios/weho/14/**) that, after a week indulging in WeHo's bars and restaurants, sounds like something I should do. But as I walk into a tiny room filled with spin bikes and buff locals, not to mention the words "Athlete. Legend. Warrior. Renegade. Rockstar. SoulCycle" emblazoned on the wall, I start to have second thoughts. Several minutes in, my legs hold up a white flag and surrender. My liver did it two minutes earlier.

But then something happens: the dimly-lit room explodes with bright light, the supremely fit spin instructors up their tempo, and our host, Angela Manuel – a former professional track athlete, and personal spin assistant to Oprah Winfrey – begins to dance to the deafening R&B while unleashing feel-good mantras of affirmation. It is, in short, like taking a spin class in a nightclub led by an athletic version of Tony Robbins.

"There is something that happens when you're physically vulnerable, you spiritually open up," explains Angela after the class. "And when that happens I have an opportunity to pour in and affirm and encourage. It's about finding that space where you begin to believe that you're capable, and I can get you to that space and go in and rewire your mindset when I have you physically vulnerable."

No wonder some people refer to SoulCycle as Church on a bike. It's about as Hollywood an experience as you can imagine, but I leave the class feeling bulletproof. Which, after a week indulging in all WeHo has to offer, is a pretty good result.

Also worth doing: A bicycle tour with Bikes and Hikes (**www.bikesandhikesla.com**) – a great way to see West Hollywood and neighbouring Beverly Hills. ms

FOUND IN TRANSLATION

A FAST-TRACK PRIMER TO TOKYO. *By Elisabeth King.*



Japanese prime minister Shinzo Abe was on hand earlier this year when Godzilla was tapped as the tourism ambassador for Tokyo's Shinjuku ward. The biggest 'star' in Japanese movie history is a natural choice for a monster city, where 30 million people are crammed into a cityscape that careens from hyper-modern skyscrapers to alleyways filled with noodle shops and shrines.

Tokyo is the host city of the 2020 Summer Olympics and with airfares and hotel prices at an all-time low, the Japanese capital is experiencing an unprecedented tourism boom. Like New York, the dazzling nightlife, restaurant scene and fast-moving trends make other world cities look like sleepy hollow.

WHISKY GALORE

Japanese whiskies have become giant killers, beating their Scottish and American rivals in international competitions. Bar Zoetrope, an intimate barfly's haunt in Shinjuku, stocks more than 300 bottlings from Suntory to rare single-cask one-offs you won't find anywhere else. Whiskies sourced directly from distilleries throughout Japan are the magnets at Bar Kamo in Ginza. The HQ of whisky giant Nikka is close to Aoyama Gakuin University, where the Blender's Bar in the basement stocks everything from everyday tipples to 17-year-old pure malts.

GLAMPING TO ULTRA LUXE

Tokyo has been famed for its luxury hotels for decades but a new page was turned last December with the launch of the Aman Tokyo, the luxury hotel group's first urban retreat. Located on the top six floors of Tokyo's new Otemachi



Tower, the floor-to-ceiling windows are filled with views of the Imperial Palace Gardens and Mount Fuji. The 84 rooms and suites are the largest in the city and even the swimming pool (above), framed by gigantic pillars, ranks as a tourist attraction. There's a traditional onsen in the huge spa and a sleekly expensive design aesthetic of black basalt, blonde woods and solid stone. Rates from $950; **amantokyo.com**

Poshtels, a.k.a luxury hostels, have become a worldwide phenomenon and the latest Tokyo entrant in the category is Khaosan Tokyo Origami in Asakusa. Close to Sensoji Temple, rooms range from dorms to singles and doubles. **khaosan-tokyo.com**

BAR WITH A VIEW

Even Tokyo natives don't have a hope of getting a grip on the city's sprawl. For first-time visitors and old hands, the thrill of gazing out on the tidal wave of flashing lights of Tokyo at night never palls. An army of bars claims to offer the best after-dark panorama but standout contenders are: The Star Road bar at the Grand Pacific Le Daiba (**grandpacific.jp**), The Peak Bar at the Park Hyatt and the Imperial Lounge Aqua of the iconic Imperial Hotel, designed in the 1920s by Frank Lloyd Wright.

MICHELIN TO RAMEN

Tokyo has more Michelin 3-Star restaurants than Paris. A long time fan of sushi, President Obama dropped by at the triple stellar Sukiyabashi Jiro in Ginza which is booked out for weeks ahead. Ramen in all its guises seems to be the dish of the day at half of Tokyo's 100,000 restaurants. Hot tip: Kikuya, dishing up the noodles since 1952. Have no fear even if you're reduced to chowing down in a hole-in-the-wall that seats six... a bad meal is hard to find in Tokyo.

FROM KARAOKE TO LOCK UP

Tokyo has 88,000 bars but some venues are worth a pilgrimage. Karaoke Kan in Shibuya gained fame as the venue where Bill Murray filmed the godawful singing scene in *Lost In Translation*. Lovenet in Roppongi has a variety of wacky booths and settings where drinkers can murder their favourite song.

KNOW YOUR 'HOOD

Like any vast city, Tokyo is a series of 'hoods. Global fast fashion brands may have set up shop in Harajuku but it remains the capital of 'kei' – the wacky fashion tribes. Shibuya is the definitive 'hood for on-trend boutiques, bars, nightclubs and restaurants. It's also home to The Monocle Shop, where the luxe magazine's lifestyle comes to life. Akihabara is an often overwhelming homage to geekdom and gadgets. Ease yourself into the future with a visit to Yodabashi Camera Superstore – nine stories of the latest in high-tech.

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BEYOND FASHION

AUDI'S TT ROADSTER RETAINS ITS UNDISPUTED 'STYLE' WHILE CONTINUING TO DEVELOP A REP FOR 'SUBSTANCE', *writes Jez Spinks.*

Audi's geometrically gorgeous, Bauhaus-inspired TT had fashionistas in raptures when it emerged in the late '90s. In Roadster form particularly, however, its combination of fashion mag looks and slightly vague handling saw it struggle to shrug the 'Hairdresser's Car' label.

The second-generation added more go to the show, and now the latest-season convertible is promising to follow its coupe twin in being as effective at turning corners as it is heads.

But before the substance, let's cover the crucial question of style. As with the coupe, a closer inspection is needed to appreciate the new Roadster's design changes are more daring than a dye job.

Chiseled body panels and a sportier stance – created by the shorter overhangs and stretched gap between front and rear wheels – ramp up the masculinity: vital for any hairy-chested buyers considering this part-time open-seater.

You still pay a few grand extra for the sunworshipping TT, naturally: the Roadster costs from $81,500 for the single variant initially on offer – the 2.0 TFSI quattro.

One of the advantages again to owning a car that can drop its fabric roof in just 10 seconds – whether stationary or moving at up to 50km/h – is to show off its stunning cabin. An all-digital, all-info instrument section is dubbed 'Virtual Cockpit' and sits directly ahead of the driver. You can scroll through various displays using buttons on the steering wheel or the MMI rotary dial, and even alternate the viewing priority – such as shrinking the rev counter and speedo dials to enlarge the nav map, and vice versa.

It's a cunning way of limiting the amount of time you look away from the straight-ahead, and frees up space in the middle of the dash for three turbine-inspired air vents that blow you away with their gorgeousness – and cleverness, with the 'nozzles' incorporating the digital climate controls.

The dash has been sculpted so flat it could be tempting to iron your shirts on it if running late for that meeting, and it contributes to the sensation of sitting sports car-low – enveloped by an arresting



array of expensive-looking metallics and squidgy plastics.

It's not quite a faultless cabin: there's the odd blindspot with the roof up and the Drive Select button is obscured by the steering wheel and requires toggling through all the modes to get to the vehicle setting that matches your driving mood.

Gas-axing the roof off a car can of course lead to convertibles shaking like a crack addict going cold turkey, but Audi engineers took the already-solid foundations of the coupe and beefed up the windscreen pillars, sills and engine and luggage compartments with extra steely bits. (Plus anti-roll hoops are there in case things go topsy-turvy.)

The result is a decapitated TT that doesn't lose its head on the road compared with its 90kg-lighter sibling. The Roadster's body barely shimmers let alone wobbles when striking big bumps in the road, and it feels reassuringly stiff and responsive when you go for a strop on open, winding roads.

The steering could put on a bit of fat but its accuracy commands the direction of the Roadster's nose, and the bigger, sportier wheels of the $89,000 S-Line model we drove take a firm grasp of the road without changing the view that this is the smoothest-travelling generation of the TT yet.

While the suspension could be quicker to settle the car over high-speed dips, the standard quattro all-wheel-drive system shuffles the turbocharged four-cylinder's 370Nm of torque effectively between the front and rear axles, smearing it to bitumen like Vegemite to sliced bread.

It's also an engine willing to oblige the prevailing driver mood. Want to cruise? Then there's the kind of flexibility that pulls easily from low revs in high gears. Want to run rampant? Then override the automatic gearbox with the paddle levers to best savour the fast-shifting gearchanges, and delight in the exhaust's penchant for enjoyably rude blurts on upshifts as you combo-punch through the revs.

Microphones ingeniously integrated into the seatbelt will also help mates hear you more clearly when you call them about your entertaining open-air experience.

Pitch that fabric dome up and inevitably you'll hear a bit more tyre roar and wind whistle than in the coupe.

The Roadster loses the coupe's rear seats, though they've always been more for extra bags not people, and the drop-top's boot isn't much smaller – and can be stuffed with the same amount of gear whether the roof is up or down.

Faster forthcoming versions such as the TT S will bring comparisons with VW Group stablemate, the Porsche Boxster.

But for those who can't drop $100K-plus on a folding-roof sports car, the Audi's successful merging of sharp design, cool technology and driving fun places the new TT 2.0 TFSI at the cutting edge of roadster fashion.

NEW ONE

Jez Spinks finds the rear-wheel drive of the BMW 1 Series sets it well apart from other hatchbacks.





If the world of hatchbacks is a sea of front-wheel-drives, BMW's 1 Series continues to part walls of water.

A rear-drive USP has made BMW's smallest cars one of the finest-driving five-doors around, even if its back seat continues to break one of the 10 commandments in this intensely popular segment: Thou shalt not build an impractical hatch.

Nothing changes for the second-generation model's first major update (but might for the next version), though to tempt you away from an Audi A3 or Benz A-Class, more value has been crammed into the One's compact dimensions.

A starting price of $36,900 is unchanged, but every 1 Series gains more goodies as standard. Even lower-level models such as the 118i and 120i (previously badged 116i and 118i) now feature a rear-view camera, real time traffic info, rain-sensing wipers, and a (swappable) Sport line interior spec; the 125i's extras include M Sport brakes; the flagship M135i now throws in big-ticket items such as multi-mode M suspension and adaptive LED headlights.

Power increases and fuel consumption reductions also give the engine line-up a tickle. The respective 100kW and 130kW four-cylinder turbos of the 118i and 120i are both fine units, with flexible, lag-free performance complemented by the standard eight-speed auto.

Quick tips here: the 118i might be worth leaving for now, with a more efficient three-cylinder due to slot into the engine bay in late 2015; paying $3,900 for the M Sport Package brings a lower, stiffer suspension that noticeably improves body control.

That M suspension is standard on the $48,900 125i, and it brings a 160kW turbo four-cylinder that is the first to get truly serious about exploiting the potential of the 1-Series's underpinnings.

BMW wants to boot buyers out of Golf GTIs with this model. To persuade you, sharp handling ensures there's more than just the premium badge on the bonnet. With tyres that stubbornly adhere to dry bitumen, and a rear end more obedient than a Crufts champion, there are few reminders in the 125i that your right foot is actually linked to wheels at the opposite end to the VW's.

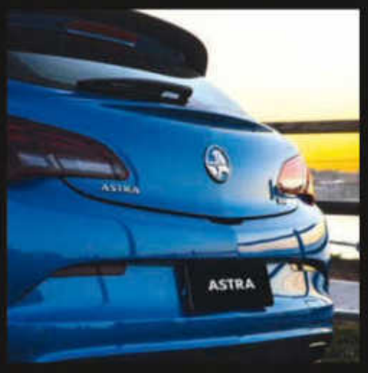
And if its soundtrack isn't inspiring enough, then for $62,900 you can download the chart-topping M135i album, which streams addictively wailing acoustics as you take trips towards higher revs while embracing the flagship's elevated level of handling.

This 1 Series update – or Lifecycle Impulse, in BMW-speak – is still more about boosting value, though a design overhaul to vastly improve the look of the hatch's front-end should also lessen the chances of an exodus from showrooms. **mw**













NEW ASTRA

READY OR NOT

With its sleek, powerful lines, sports alloys and distinctly European styling, the new Astra commands attention at every turn – urged on by its heart-pounding turbo engine with up to 206kW of power. Inside you'll find a cabin equipped for precision control, with a state-of-the-art MyLink colour display, satellite navigation and digital radio. The new Astra is the perfect balance of attitude and style. And it's here. Ready or not. So book a test drive today.

Find out more at holden.com.au/astra



HOLDEN
LET'S GO THERE

FITNESS



Aaron Smith

WHY MEN NEED PILATES

CEO & FOUNDER OF KX GROUP, *Aaron Smith* – ONE OF OUR MEN OF INFLUENCE LAST ISSUE – ON THE BENEFITS OF PILATES FOR MEN.

I must admit, you don't hear the word 'Pilates' brought up in many conversations with mates at the pub. When I ask most guys for their thoughts on the discipline, they usually liken it to yoga or consider it to be something their wives, girlfriends or mothers do. But truth be told, with tighter joints, restricted mobility and more muscle mass, it's us blokes who actually need Pilates more than women.

I've worked in the industry for over nine years and it's great to see the word is slowly getting out amongst both sexes, thanks to one machine that has revolutionized the Pilates world – the 'Reformer'. Most AFL and NRL teams have at least one in their training facility, mainly used to rehabilitate injured footballers back to good health. But if more men incorporated Reformer Pilates into their training schedule for cross-fitness purposes, it would lead to an increase in performance, not to mention injury prevention. For the everyday fitness enthusiast it will only help on your journey to reaching your fitness goals and achieving results.

Believe it or not, Pilates was founded by a guy. Joseph Pilates created the movement and practiced it not only on himself, but also on injured troops to rehabilitate themselves in the war and return their bodies to strength. The Pilates technique focuses on small, precise movements targeted at smaller muscle groups. Most exercises also challenge the 'powerhouse' or core muscles that many conventional training techniques miss. "I feel like I've worked muscles that I never thought existed" is commonly heard from a Pilates newcomer. Strengthening these smaller muscles will only aid the bigger muscles to perform at their full potential. You'll see an increase in strength, endurance, flexibility, balance and co-ordination.

Building core strength also makes Pilates a wonder exercise for men. Joseph believed that a core, properly strengthened, would offer a solid foundation for any movement and fix many imbalances the body may have – ultimately working and strengthening the body from the inside out. Whilst Pilates exercises can train the entire body, it's the position your body is put in that constantly switches on your abdominals. Unlike conventional abdominal exercises that only target your six-pack (rectus abdominis) muscle, the Pilates focus is put on activating your deep stabilizers – the transverse abdominis, multifidis and pelvic floor. This is also why the rehabilitation/physiotherapy world has also latched onto the Pilates method, as strengthening these muscles has been shown to decrease lower back pain, increase hip and joint mobility and even improve your sex life.

The Reformer apparatus may often be used in the rehab side of Pilates, but now fitness studios have adopted and customized this piece of equipment to get you off the floor and training hard against spring resistance in a fitness setting.

Even if all this technical talk bores you and all you care about is aesthetics, you're in luck again. Most AFL players, models and celebrities will attribute Pilates for helping to create and maintain their athletic figures. So next time your partner runs out the door off to her Pilates class, maybe you should join her...

HERE ARE 6 PILATES REFORMER MOVES *to challenge any individual no matter what fitness level.* >>

THE SNAKE

REVERSE PLANK *with push-up press combination*

THE TEASER

THE SKATER *with dumbbells*

PRONE LAT PULLS ON BOX

LUNGES *with dumbbells*

Benefit: The snake is an intermediate to advanced move that focuses on the core, specifically the side obliques. This exercise creates both upper body and core strength along with flexibility in the spine. Inhale to lengthen, exhale as you pull the carriage in.





Too hard? Bring your body to a prone position (body facing down) and focus on the pike (lifting your butt up to the ceiling and dropping the twist out of the exercise).

Benefit: The reverse plank is an intermediate move that is fantastic to challenge the upper body strength. The plank will challenge the core and the push up will target the chest shoulders and triceps. Inhale on the down phase, exhale on the push up.





Too hard? Drop down to the knees for an easier option.

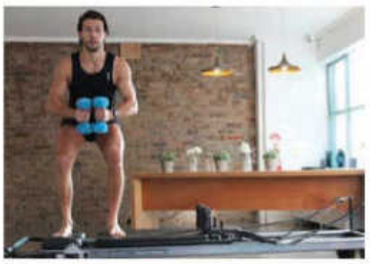
Benefit: A classic Pilates move adapted from the floor. Works the entire body from upper, lower and deep core muscles, hip flexors to chest arms and back. Focus on controlling this movement, pausing for a brief second at the top. Inhale on the roll down, exhale as you lift up.





Too hard? Leave your knees in table top (right angles) and just bring your upper body into a crunch.

Benefit: Focusing on the legs (glutes and quads in particular) whilst stabilising the core and holding one side of the body in a squat position. Add dumbbells to train the upper body at the same time. Feel the BURN. Exhale as you drive the carriage away, inhale on return.





Too hard? Put the dumbbells away or widen the stance to lessen resistance.

Benefit: Great for the entire back, with the upper body pull focusing on the lats and lower traps, whilst the spinal extension will target the core stabilisers and lumbar (lower) back muscles. Inhale as you relax down, exhale as you pull the arms back and arch the spine.





Too hard? Drop the spinal extension and keep the back straight.

Benefit: A full body exercise that will challenge both balance and co-ordination. The lunge will target the quads, glutes and hamstrings, giving you choice to hit the upper body by whatever arm or shoulder exercise you want. Inhale as you lower, exhale as you drive the body back up.





Too hard? Drop the weights and grab a pole for balance.

Model: KX TRAINER, PAUL CICCHETTI

FOOD + DRINK



A COOK'S PROGRESS

MASTERCHEF 2012 WINNER ANDY ALLEN IS BUSIER THAN EVER, INCLUDING A RECENT STINT AS A FASHION MODEL WITH H&M AND A RANGE OF COOKING PROJECTS.

After his much-watched victory in the 2012 season of *Masterchef*, Allen left his career as an electrician behind to jump into a varied career utilising his cooking skills. So far that has encompassed writing a book, working at hatted café Three Blue Ducks, starting a Youtube cooking channel along with mate and fellow *Masterchef* contestant Ben Milbourne, and travelling to cuisine holy grails such as Mexico, Spain and Portugal, which have both provided content for the Youtube venture and Allen's new mainstream free-to-air show, *Andy And Ben Eat The World*, on Network Ten. *Men's Style* spoke with Allen about his whirlwind life, encapsulated in a line in his website bio: "People always ask me 'What's your thing?' My thing is, I don't have a thing. And I like it that way."

Q A

How did the new show on 10 come about?

I launched my Youtube channel about two years ago with a series on Mexico. That was just on-the-go shooting with a small crew – two lads travelling, drinking, eating and having a great time. Channel 10 got in touch and said they loved the concept and could we do more for a series, so we went back to some other places like Spain and Portugal and the result is *Andy And Ben Eat The World*.

What were the most memorable experiences on those trips?

In Mexico we were sitting on the beach in Puerto Escondido and a guy came up and asked if wanted to go fishing. We took one camera out on the back of this tiny fishing boat, not thinking we'd catch anything but within half an hour we'd caught a two-metre sailfish and three dolphin fish... we took them back to where we were staying and cooked it up for the whole village.

What about Spain and Portugal?

In Spain we went to one of the oldest and best wineries in the country, in Rioja. The whole vineyard was unbelievable, with different wine artefacts, Picassos on the walls... so much history. In Portugal we hooked up with Jose Arvillez, who's basically the Jamie Oliver of Portugal and has done books, TV shows and runs about six restaurants throughout the country. We met him in a market which wasn't meant to be open that day – he called vendors up and asked if they could open especially. He was like a mate after about half an hour and took us back to one of his restaurants where we cooked about five dishes in half an hour, sat down and had a feed with him. It was just amazing to be in touch with someone like him, so thoughtful and open.

Are you more cook or chef now?

I would say I now have the skill set to be called a chef. I haven't done my training because I feel like I'm cooking around people who are giving me those skills and I'd be able to open a restaurant confident enough in my cooking abilities. I think that's more important than a little piece of paper.

What sort of style of food would you do in your own restaurant?

I don't restrict myself. I go through phases about what I cook but at the end of the day, for me it's just about really tasty food. There are so many people trying to do different things – Paleo or whatever. I don't think you need to be eating Paleo to be healthy, you just need to be eating good, solid food that is based around fresh produce.

What's this business about you modelling for H&M?

It all came about from my girlfriend, Charlotte Best. She was doing something for H&M and they were looking for someone to fill the male role. I've never done any modelling and didn't know how I'd go but I said yes and I was surprised how fun it was. I was all suited up for Spring Racing. It was much easier than I was expecting it to be. MS



Andy with best mate and fellow cook, Ben Milbourne.







Bell & Ross

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LION BRANDS

FATHER'S Day

[SPECIAL]

SHAVED FOR FATHER'S Day

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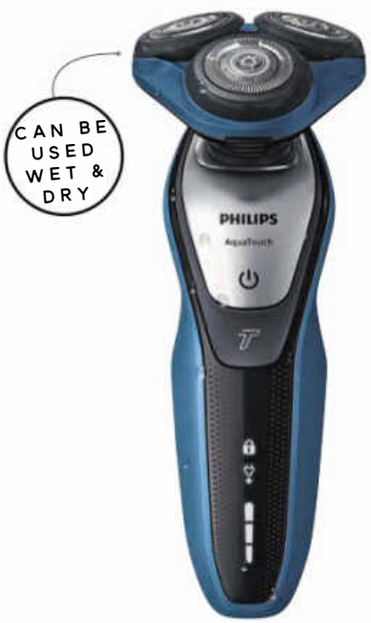
WHETHER YOUR DAD IS A METRO MANSCAPER OR A FURRY, FOOTY-LOVING LARRIKIN WITH UNRULY HAIR SPROUTING FROM HIS EARS, NOSE AND BACK, HARVEY NORMAN HAS A WIDE RANGE OF QUALITY AND VALUE FOR MONEY SHAVING AND HAIR-CUTTING PRODUCTS TO SUIT ANY FATHER'S NEEDS.



Philips Sensitive Skin Electric Men's Shaver, *$299*. S7710SC

With an anti-friction microbead coating and a head that flexes in five different directions, your father can say goodbye to neck rash and skin irritation with this excellent product from Philips. The Sensitive Skin model handles wet or dry shaves, has a cordless function that can last for 50 minutes unplugged and be charged in an hour. The click-on trimmer gives the option of sculpting stubble if your dad likes to go for the more rugged look.

OUR FATHER'S DAY PICK



Philips Aquatouch Multi-precision with Turbo Electric Men's Shaver, *$199*. S5620-12

Another quality product from Philips, the Aquatouch's MultiPrecision Blade System has a rounded head profile that will glide smoothly across your dad's face, giving him a close shave while also protecting his skin. Like the Sensitive Skin model above, this also has the 50-minute cordless function, one-hour charge time, click-on trimmer and the Aquatec Wet & Dry seal that allows the shaver to be used for a comfortable dry shave, or a wet shave with gel or foam – it can even be used in the shower. The Turbo function gives a 10 per cent boost for the denser sections.

A CLOSER Shave



Panasonic Wet & Dry Men's Shaver, *$89*. ESSL41A541
Stylish, rechargeable and easy to use, the ES-SL41's multi-fit 3-blade cutting system and 30-degree nano-edge inner blade will give your father the closest of shaves, wet or dry.



Remington 'HyperFlex™' Men's Shave and Trim, *$149*. XR1390AU
The HyperFlex tech reduces irritation by adjusting to any angle of the face. It's 100 per cent waterproof, boasts cordless usage up to an hour and has an LED backlit time indicator.



Braun 'Series 5' Men's Rechargeable Shaver, *$199*. 5020S
Mixing power and precision, the FlexMotionTec gets in closer with less skin pressure. The new PowerDrive delivers 20 per cent more power than before, ensuring high-speed shaving.



Braun 760CC Self-Cleaning Pulsonic Men's Shaver, $299. 760CC
Spoil your dad by spending a little extra and getting a shaver that cleans, lubricates and dries itself. The Pulsonic tech produces over 10,000 vibrations per minute for a super-close shave.

A CLEANER Cut



Remington Ceramic Precision Haircut Kit, *$39*. HC365AU
Value for money without sacrificing quality, includes a clipper and personal trimmer with ceramic-coated blades, eight combs (0.5mm-25mm), washable trimmer and 30 minutes cordless usage.



Remington Power Tool Haircut Kit, *$89*. HC5851AU
Give your dad a haircut this Father's Day using these lightweight clippers. The 15-piece kit includes eight attachment combs (3-25mm), barber cape, scissors and a storage case.



Wahl Colour-Coded Hair Cutting Kit, *$99*. WA793001112
The colour-coded combs will make your dad's life easier, and the Powerdrive motor gives the long-life carbon steel blades plenty of grunt. A 23-piece accessory kit is included.



VS Sassoon 'i-Pro™ Intensive' Hair Clipper Kit,*$129*. VS7475A
Perfect for the father who likes to travel, this multi-voltage clipper has a heavy-duty motor and 30-minute quick charge. The Japanese steel blades are sharp, strong and durable.

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FOOD + DRINK



HEAD OF THE CLASS

MOVIE STAR DAN AYKROYD IS BECOMING AS WELL KNOWN FOR HIS AWARD-WINNING PREMIUM VODKA, CRYSTAL HEAD, AS HE IS FOR MAKING US LAUGH, HE SPOKE TO *MEN'S STYLE* FROM HIS CANADIAN HOME.



CRYSTAL HEAD VODKA
Aurora

Q A

Good to speak with you again, Dan. You're coming back to Australia – does that mean Crystal Head has done well here?
Australians got it right away. There's a hipness and a coolness and a sophisticated consumer intelligence in Australia. It was really one of the first countries that got what we were doing – seeing the skull not as a symbol of doom but as a symbol of life and enlightened drinking, of nature and purity.

You've hammered the message about the fact Crystal Head is a pure expression and contains no additives. Has that message triumphed over the eye-catching packaging by now?
The consumer, once they try it – if it's priced properly in the on-premise bar environment – they get to sample it and they don't go back to the vodkas that contain glyceride or limonene citrus oil. And it's connecting with the professional barman because it's a blank canvas. The professional molecular mixologist can make a great clean cocktail with the Head. What I do now with it is just take two ounces, put it in a shaker with ice, shake it up and pour it into a glass with nothing in it. No lime, not a rinse of vermouth, no olives. Try it just cold and shaken like that and you go, wow, this is an enlightening thing.

Give is a visual picture of you drinking a Martini…
Before dinner, especially down here at the lake, we take a shaker and sit down by the dock and take a swim and then get in a nice fluffy white robe and shake one up while watching the sun dapple the water. Then we try to avoid the mosquitos. When the flying raptors come out, it's time to have the next one inside by the fire, you know.

What is special about the new version, Crystal Head Aurora, you're releasing in Australia during August?
We wanted to do another expression of vodka, a wheat expression, with grain sourced from the UK, and this one is going to make the most unbelievable Bloody Caesars and Bloody Marys. It will be drier than the first one. Again, we're pitching the idea of purity, of nature, and the Aurora Borealis Northern Lights is one of the most wonderful natural phenomena we can see on this planet. We began to explore the process of manufacturing a bottle that would convey some of the beauty of the Northern Lights and let me say, it's going to be pretty spectacular.

Crystal Head has won a number of big international awards now – are they important?
The awards help to build awareness but it's mainly the industry recognition where we can go, yep, we're doing something right here. This is not a gimmick, this is not a hoax, this really is worthy of its slot as the world's premium vodka brand. At the World Spirits Competition in San Francisco, we got a 91 plus rating, and that's using no oils or additives. That's like me getting 78 in Math or something.

Last time you spoke to *Men's Style* the Crystal Head business was taking about 25 percent of your time – still the case?
Well, interweaving family and personal obligations, and then the live music I do with Jimmy Belushi – the Blues Brothers Former Classic All Star Show Band and Revue – that takes about 25 per cent of my time and now Crystal Head takes maybe 50 per cent. There's also the work I'm going to do with Ivan Reitman on our new venture Ghost Corps where we're going to reinvigorate the *Ghostbusters* concept and banner and premise for a series of movies and projects, we hope.

Did you mean for this to become so time-consuming?
I didn't need to start the business. I didn't need to do something else, I was busy enough in life as it was, but I really didn't like the way that when you open some bottles of vodka they smell like perfume. No, no, no, what is that!? It's citrus oil, limonene… get that out of there! They were so oily and bogus tasting and so I did it because I found quality and I wanted to bring that to the world. Hey, you work hard all week, why settle for something lesser. It's a premium brand, yes, but it's an affordable luxury. I can't go out and buy me a Bentley Mulsanne but I can go out and buy a case of Head and impress my guests. **ms**


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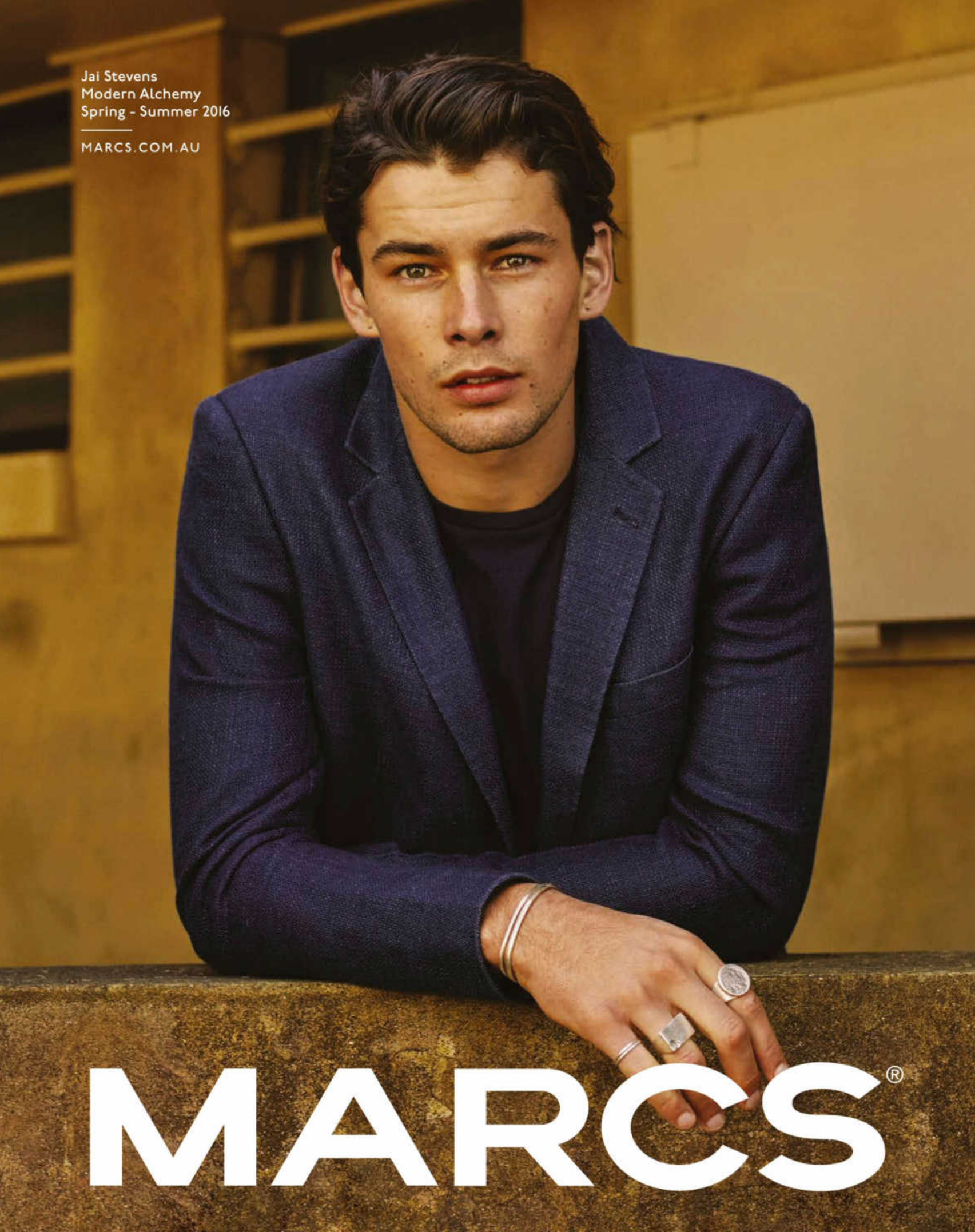




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DIESEL


Jai Stevens
Modern Alchemy
Spring - Summer 2016
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men's style

ON TREND

ALL YOU NEED TO KNOW ... LOOK THE PART EVERY DAY

IN SEASON

THE WALLABIES GET READY FOR THE WORLD CUP WITH A STYLISH SHOOT FOR SPORTSCRAFT

page 90 >>

m

GET THE LOOK

Spring Racing



DERBY DAY (cornflower) Black and white
H&M jacket, $59.95, shirt, $29.95, bow tie, $14.95, pocket square, $19.95, and pants, $29.95.

H&M

Spring Racing is the time of year for many men to get their sartorial house in order, suiting wise.

And while options are plentiful, international retail phenomenon H&M offer some compelling ideas for those conscious of both budget and sustainable fashion this Spring Racing season.

In fact, visit the Suit Lounge inside H&M's flagship GPO store in Melbourne in the lead-up to the race days and put together some full looks. Remember to keep in mind the etiquette of the various days, including the correct lapel flower (we've helped you out with three of the days on the following pages).

hm.com/au

PHOTOGRAPHY
DUNCAN KILLICK

STYLING
KIM PAYNE

GROOMING
CARL REEVES



MELBOURNE CUP DAY (yellow rose)
Make a statement

H&M jacket, $169, shirt, $19.95, tie, $14.95, pocket square, $19.95, Bomber jacket, $59.95, and pants, $59.95.

GET THE LOOK



OAKS DAY
(pink rose)
Grey or navy suiting
H&M jacket, $169, shirt, $19.95, tie, $29.95, pocket square, $19.95, and pants, $59.95.

SPORTSCRAFT



Good Luck Wallabies!

In 2015 we continue our 5 year partnership outfitting the Wallabies gents off the field. As the proud official supplier of the Wallabies formal and travel uniforms, we wish the boys the best of luck for their upcoming matches.

SHOP THE WALLABIES LOOKS AT SPORTSCRAFT.COM.AU/WALLABIES



Flinders Lane jacket, $199.95, shirt, $139.95, and chinos, $119.95.

River Island loafers, $100; **Nixon** 'Sentry 38' watch, $229.99: **H&M** sunglasses, $9.95.

mn

GET THE LOOK

Spring Looks

FLINDERS LANE

Spring heralds a revitalised and reworked offering from Flinders Lane, the Australian brand known to many local guys because of its excellent shirting.

Key to the new collection, which will be launched in September, will be Liberty collaborations in both shirts as well as a new range of swim shorts.

Jackets, chinos and accessories will complement the always strong shirting options that have made Flinders Lane a staple in many an Australian man's wardrobe.

www.flinderslane.com.au



Levis jacket, $129.95, shirt, $129.95, and shorts, $79.95.

adidas Originals trainers, $120.

LEVI'S

Known the world over as the heritage American brand that popularised denim jeans – any wardrobe's most utilitarian piece of clothing – Levi's has evolved to meet the needs of the modern, always-in-motion consumer.

From its highly functional Commuter line, inspired by the zip-zip lives of bicycle couriers, to the fit and cut reworking of its iconic 501 jeans, the introduction of new colours and finishes, and an expanded product range which includes jackets, polos and shorts, Levi's remains a go-to brand for the contemporary urban warrior.

levis.com.au

GET THE LOOK



Scotch & Soda jacket, $299.95, shirt, $129.95, bow tie, $29.95, pocket square, $69.95, jeans, $289.95, espadrilles, $129.95, hat, $69.95, bag, $369.95, and belt, $59.95.

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DOM BAGNATO

Spring is the season that most Australian men realise they need a new suit.

There is Spring Racing, of course, there are parties as the weather warms up, and there are weddings. Depending on your age, there are lots of weddings.

Wedding suits, be it groom or groomsman, require impeccable tailoring and that's what Dom Bagnato offers through his Myer concessions – striking combinations of suiting, shirting, ties, pocket squares and accessories. Sort the entire wedding party in one visit. ***dombagnato.com.au***

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FRAGRANCES



THE EUROS

Elisabeth King REVIEWS THE LATEST IN EUROPEAN SCENTS BRINGING FRESHNESS AND EDGE TO THE LOCAL SCENE.

Human beings can detect up to 10,000 odours. Yet men prefer familiar fragrances once worn by their fathers or something similar, not necessarily to step into the old man's shoes, but because they remind them of good feelings and experiences.

This continuity through the generations explains the appeal of European fragrances, which have longer pedigrees than their American rivals. Italy, France and, to a lesser extent, the UK dominate men's fragrance sales. And that's a good thing. The Italians are famed for their sexy skin-loving scents, the French for sophistication and elegance and the Brits for restrained class. All bases covered.

» **a. VALENTINO UOMO EDITION NOIRE**

A slightly more concentrated version of the original from the king of skin scents. The new black bottle is a more masculine upgrade on its predecessor and matches the striking base notes of chocolate and coffee. Projection and longevity both score an A+ but it's no beast. A smooth, classy Oriental by Olivier Polge, the leather, cedar and bergamot notes are sexy and inviting. You'll be sure to have a good time with this instant classic whether you step out in a tuxedo or go smart casual. ***$130 for 100ml; (02) 9695 5678.***

b. POLICE ICON

There's no missing a falcon-shaped bottle in the bathroom. Like its compatriot Diesel, the Italian lifestyle brand goes all out for symbolism in presentation. Speed, control and fast action are the attributes of a bird of prey. The scent follows the hunter theme with top notes of pink pepper and cardamom, backed by lavender and a persistent base of vanilla and labdanum. A strong projection emphasises the Latin lover appeal. Spritz on an hour before heading out the door.
$39.99; Chemist Warehouse, My Chemist and My Beauty Spot.

c. BEYOND BY DAVID BECKHAM

Becks is stretching himself. His recent BBC TV show – *David Beckham Into The Unknown* – saw him setting off on a lad's adventure to Brazil in an attempt to "find himself". As far as his latest fragrance is concerned – mission accomplished. Coty have crafted ace fragrances for one of the world's most famous footballers for over 10 years but this is simply the finest effort so far. A modern fougere, it's a complex blend of mojito and grapefruit with a 'prestige' heart of geranium, cedar and black pepper. Leather stands out from the base notes in the best juice on the market to offer change from a $50 note.
From $39; Priceline, Chemist Warehouse and pharmacies.

d. BALMAIN HOMME

French fashion stalwart Balmain made some of the iconic smash hit women's perfumes of the 1940s and '50s – Jolie Madame and Vent Vert. Since creative director Olivier Rousteing revived its men's fashion business four years ago, a male scent was a foregone conclusion. Skewered towards the young urban male, this sweet/smoky oriental has just the right balance of spicy/clean notes for after-dark impact. The bottle design is pure class, riffing off a smart officer's jacket with epaulettes and red ribbon.
From $90, exclusive to Myer.

e. PAUL SMITH ESSENTIAL

Brit stylemeister Paul Smith has launched 11 men's scents since throwing his hat into the fragrance ring in 2000. Rightly acclaimed as the UK's foremost menswear designer, his latest effort is as elegantly pared-back as one of the brand's signature suits. A modern take on the woody/aromatic theme, herbal notes with an injection of exotic yuzu fruit complement a sharp suit in the Cary Grant/Roger Thornhill tradition. Very gentlemanly.
From $54; David Jones and selected independent stores, from August 30.

f. ACQUA DI GIO PROFUMO BY GIORGIO ARMANI

Nearly 20 years is a long time to stay at the top of the men's fragrance game but the original Acqua di Gio has been feeling the heat from Bleu de Chanel and Paco Rabanne Invictus over the past couple of years. Like its ancestor, Profumo is the handiwork of legendary "nose", Alberto Morillas, but gives off a deeper, more sophisticated vibe. More manly, spicy and muskier than the original, the increased longevity makes it more of a night time option. The DNA is still detectable but this brilliantly done classic should beat off all-comers. One of the top three designer fragrances of the year.
From $90; Myer from August 7 and David Jones from September 7.

g. GUERLAIN L'HOMME IDEAL COLOGNE

Released in 2014, the original L'Homme Ideal was hailed as one of the best French men's scents in years by hardcore fans. But its gourmand notes made it a whipping boy for many others. Far less polarising, this lighter, more citrusy crowd-pleaser is a great choice for summer. The almond and tonka notes add refinement and a whiff of Dior's classic, Eau Sauvage. The above-average longevity also makes it a solid option for professional wear.
From $84; (02) 9695 5678, from August 23.

FOR THE DADS

FRAGRANCE IS IDEAL FOR THE MODERN DAD ON FATHER'S DAY.

The traditional socks and jocks approach to Father's Day is dead in the water. For a start, today's Aussie dads are hands-on and more skilled at changing a nappy or whipping up brunch than fixing a fuse or building a treehouse, reveals McCrindle Research. The nation's 4.6 million fathers also work as hard as their childless counterparts, even though they drop the kids at school and help with the washing.

No wonder Father's Day is one of the most popular search trends in Australia, reports Google. The dilemma of what to give fathers who are keen online shoppers, whatever their age, and whose tastes have evolved far beyond hardware needn't be a thorny one. A few years back high-tech gadgets challenged their supremacy but fragrances have staged a strong comeback. The most important thing to consider is age and lifestyle, whether the recipient is 33 – the median age of first time fathers – or a suave dude in his 50s or 60s.



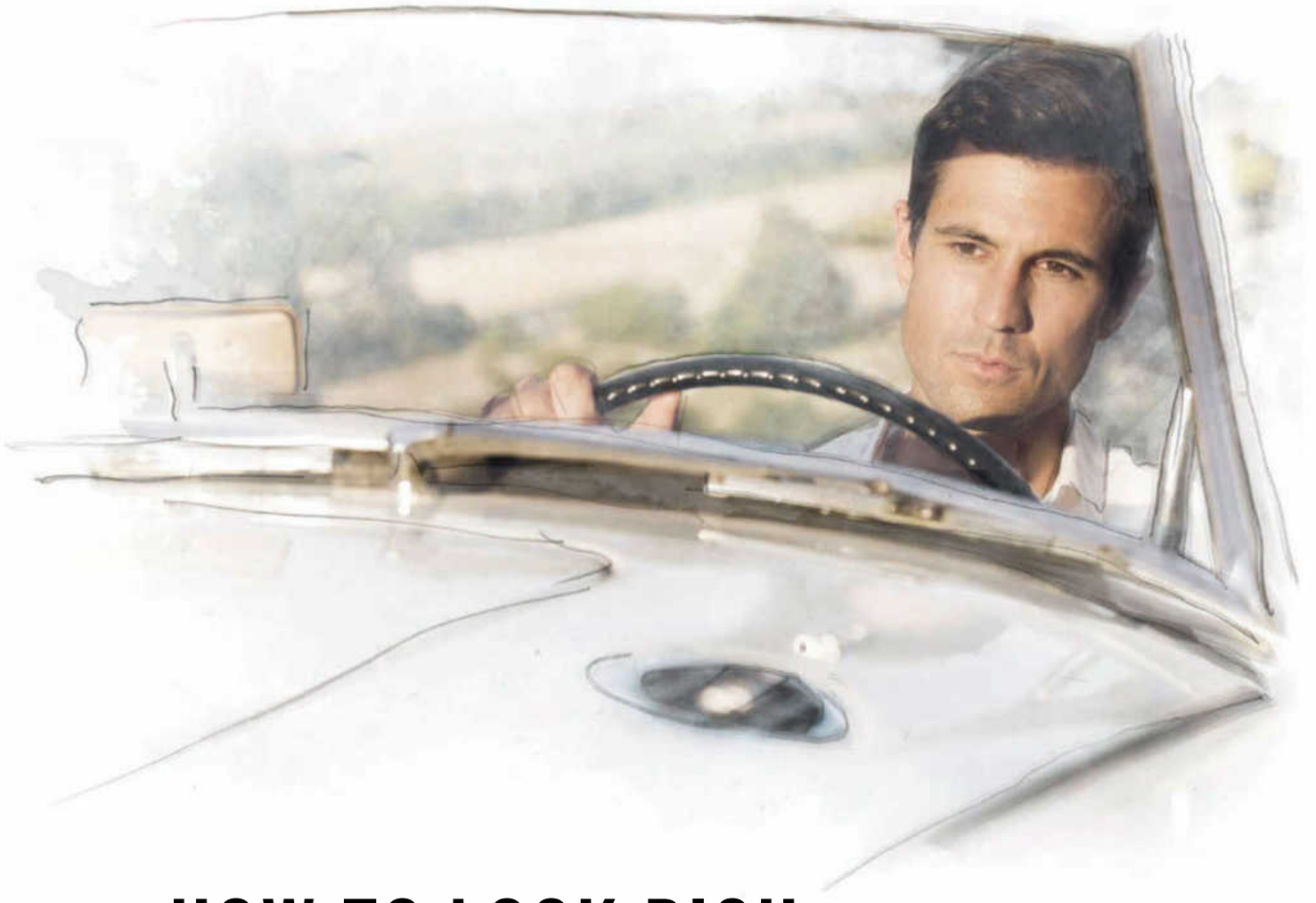
SPORTY:
Keep it fresh with **Prada Luna Rossa Sport** (from $90) or **Salvatore Ferragamo Acqua Essenziale Colonia** (from $85); both (02) 9663 4277.



RETRO MODERN:
Take him back to his youth with re-tweaks of old favourites – **Jean Paul Gaultier Ultra Male** (from $99); (02) 9695 5678, and **CK Free Energy** (from $80); department stores.



SILVER FOX:
Like Robert de Niro in the movie, *The Intern*, he's still got it. Massage his ego with virile juices such as **Narciso Rodriguez For Him Bleu Noir** (from $99), **Montblanc Emblem Intense** (from $88); both (02) 9663 4277, and **Bottega Veneta Homme Travel Spray** ($80); exclusive to David Jones.



HOW TO LOOK RICH

Elisabeth King OFFERS 10 TIPS TO HELP YOU PRESENT A CONVINCING STORY...

Just as wearing high quality clothes makes a man look wealthier, so does radiantly clear skin.

It pays to look rich at all times, advised the late Bijan Pakzad, the flamboyant LA boutique owner and menswear designer, whose clients included President Obama, Michael Jordan and Cary Grant. Among his suggestions on how to look the part were: drink very good wine at dinner and fly to work in a chopper. If you can't afford either, he noted, never wear or buy anything shiny, showy or obvious.

To look as if a share portfolio formed part of your birthright, less is also more when it comes to the finer details of grooming. The little touches that make well-heeled men look the real deal when they are wearing a simple T-shirt and a reasonably-priced pair of jeans.

– 1. –



CLINIQUE FOR MEN
SONIC SYSTEM DEEP CLEANSING BRUSH

Just as wearing high quality clothes makes a man look wealthier, so does radiantly clear skin. The first sonic cleanser designed for men, the charcoal-infused brushes come in two strengths – firm and light – to unclog pores and polish the more sensitive parts of the face. The oval brush head, like a good razor, targets the contours of the male face to fast-track a closer, less irritating shave. ***$135; clinique.com.au***

– 2. –



TIGI
BEADHEAD FOR MEN CHARGE UP THICKENING SHAMPOO AND CONDITIONER

Rich hair is a cinch to spot. It's glossy, plentiful and healthy but looks like it got that way on its own. If you can see too much product or there's too strong a scent from a pomade or wax, it doesn't count. Oil and grease weigh the hair down, leaving it thinner, flatter and – well – poor-looking. Containing Fibrebooster Technology, this deep-acting duo adds moisture and reduces tell-tale limpness. ***Both $28; (02) 9889 0435.***

– 3. –



HANZ DE FUKO
MODIFY POMADE

Most men born wealthy either withdraw from the public eye or act as if inheriting a few hundred million is no big deal. Both groups follow the golden rule of choosing and maintaining a hairstyle that looks dapper rather than directional. David Beckham uses this 100 per cent organic haircare brand from the US to create the perfect balance of style and nonchalance. A lightweight, water-soluble formula delivers a clean, polished look for all hair lengths. ***$29.95; 1300 764 437/ theiconic.com.au***

– 4. –



SCHICK
HYDRO CLEAR SHAVE GEL

Many wealthy men are prone to financial hypochondria, suffering low-level anxiety that they are paying too much. That's the reason they deeply appreciate high-performance supermarket products that deliver the goods for a pittance. This non-foaming invisible gel softens and lifts the whiskers and allows you to see every single hair. Great for a clean shave that suggests you make weekly visits to a barber or to precisely groom facial hair. ***$7.99; exclusively from Coles.***

– 5. –



CLARINSMEN REVITALIZING GEL

Creamy facial moisturisers may keep premature ageing at bay but they don't do much to stimulate the skin "energy" so necessary for the rich boy look. Give the flick to dullness and add an extra layer of suppleness – not shine – with this quick-absorbing gel containing bison grass and goji berry. The facial equivalent of a personal trainer. ***$52; department stores and selected pharmacies.***

– 6. –



KIEHL'S
SUPER MULTI-CORRECTIVE EYE-OPENING SERUM

A glassy-eyed gaze and a frozen smile are dead giveaways you're not a member of the "club". Guys at the top are direct – when they look at and talk to other people. They don't look over-worked or fatigued, either. This fast-acting serum has a 5-in-1 action to smooth, lift and firm the eyes. In clinical tests, 42 per cent of people reported more "open" eyes after regular use. ***$62; kiehls.com.au***

– 7. –



LA ROCHE-POSAY
ANTHELIOS XL ULTRA-LIGHT SPF50+

Back in the day, anyone who wanted to look as if they spent all their free time on a yacht had to resort to the trick of putting vinegar on their cheeks and hanging their head out the car window to achieve a ruddy tan only a brisk sea wind can achieve. But crusty skin dotted with skin cancers belongs to the previous generation of males with money. This lightweight sunscreen is the Maserati of sun protection – efficient and non-greasy. ***$27.95; larocheposay.com.au***

– 8. –



ERMENEGILDO ZEGNA
THE ESSENZE COLLECTION

Even today's mass affluent appreciate what a million or two can do for their status. One of the most vital elements of life is how to enjoy yourself. Artisanal craftsmanship is as important to grooming as it is to watches and suits, so Zegna have debuted a trio of scented accessories "tailored" to the prestige Italian brand's enthusiasts. ***Moisturizing Body Balm ($100), Exfoliating Body Bar ($60) and a candle ($100). From Zegna boutiques and selected David Jones stores.***

– 9. –



CHANEL
ALLURE HOMME SPORT FRESH SHOWER GEL

Fragrances favoured by well-heeled men are not try hard. The more subtle and sophisticated the smell, the more exclusive the effect. Consider yourself gilded, without spritzing your pulse points, with this long-lasting, scented shower gel. As ever, it's all about knowing your audience, whether you're pouring a champagne eye-opener or nailing a deal. ***$79; 1300 CHANEL***

–10. –



NIVEA MEN
CREME

Old money types love to boast about their grandfather's economic foibles. The way he tossed a gob of Nivea into his shaving cream even when he wasn't concerned about inflation and such. Light and non-greasy, Nivea Men Creme can be used on the face, hands and body and has a fresh, masculine scent. A must for travel, it comes in a double-embossed, screw-top aluminium tin, with side rings to allow a firm grip. ***$3.49; supermarkets, Myer, Priceline, selected pharmacies.***



Wallabies Pete Betham, Israel Folau, Michael Hooper, Dave Dennis and Nick Phipps, acting all model-ly.



FASHIONS OFF THE FIELD

IN A WORLD CUP YEAR, *MEN'S STYLE* GOES BEHIND-THE-SCENES OF A SPORTSCRAFT SHOOT WITH THE WALLABIES THAT ENSURES THEIR OFF-FIELD LOOK IS ON POINT.

The Wallabies will shortly depart Australia for Europe to begin their preparations for the ultimate prize in rugby union, the World Cup.

Played across England and Wales from September 18 to November 1, it's safe to say the Wallabies – off the field – will be the best dressed playing group. The team's near-decade long relationship with Australian heritage brand Sportscraft ensures the squad is kitted in the relaxed and elegant style for which the 101-year-old label is noted, both for official and non-official off-field functions and appearances. The range created for the lads who'll carry our hopes at this year's rugby pinnacle was recently worn by a number of the team's stars at a shoot in Sydney to which *Men's Style* was permitted behind-the-scenes access.

For men who live in either playing gear or tracksuits, the opportunity for an athlete to "dress up" is one they embrace with genuine relish. And the five Wallabies stars deputised for the season's Sportscraft shoot – Michael Hooper, Israel Folau, Nick Phipps, Dave Dennis and Pete Betham – are no different.

"They got me in to make-up earlier so they could put some extra work in," quips nuggety flanker Hooper in the way footballers do when they find themselves in a foreign environment, as *Men's Style* watchers the preparations for the day in East Sydney.

"I think Izzy [Folau] is the pick when it comes to modelling," continues Hooper. "He's just got out of the hire car looking pretty sharp without even wearing any of the Sportscraft kit – his hair is looking groomed."

Dubbed 'The Gentlemen of Summer', the shoot showcased the slim tailored 'Miles' suit, made from 100 per cent 'cool' wool, which the team will wear as its official team uniform, as well as various off-duty summer looks – blazers and jackets teamed with the iconic 'Jackson' chino and boardshorts for the swim sessions.

"We've got a few different looks to wear, some really cool stuff," says scrum-half Phipps as he casts his eyes over the racks. "We've got that awesome official suit they always produce, full wool... and it's always good to wear an Australian brand when you're representing your country. Plus we've got a whole range of smart casual stuff to wear from chinos, linen blazers, pocket squares and things like that... I think we'll be the best dressed team [at the World Cup] and then we can hopefully put a good performance on the field to match the sartorial standard."

Australia has a toughish draw at the event, grouped in Pool A with traditional rivals England and Wales as well as the unpredictable

Fiji and developing Uruguay. The consecutive pool matches at Twickenham against England on October 3 and Wales on October 10 will be crucial to the Wallabies progressing through to the finals stage. For Israel Folau, who came to rugby from highly publicised stints in league and AFL with the express aim of playing in the World Cup, the event looms large in his consciousness.

"It's the pinnacle of playing rugby and no doubt it was in the back of my mind when I signed to come and play the game," he remembers. "It's going to be an exciting time and from all the stories I've heard from players involved in past World Cups, it's something you'll never forget."

"At the back of the mind for everyone now is the World Cup," Phipps reinforces. "For me personally it's about getting my game right and putting in those consistent performances that a Wallaby jersey deserves. You want to be at the best you've been in your life by the time a World Cup starts…"

> 'It's always good to wear an Australian brand when you're representing your country.'
>
> *Nick Phipps*



While male catwalks, like women's ones, seem full of half-fed, waif-like men in size Very Small, the Australian male is often closer to the rugby-sized human typified by the Wallabies. It's an indication of the democratic nature of Sportscraft's offering, that it produces on trend clothing for males of all dimensions.

"A lot of my mates and a lot of rugby players like Sportscraft because it really does cover a lot of demographics and it's also really easy to wear," says Hooper, "which is great for footy players with all our different shapes and sizes."

While the boys agree they all attempt to look "half-decent" most of the time, Phipps points out that Hooper "rocked up to the shoot in ripped jeans and a flannie" and all agree that team-mate Bernard Foley – not part of the day's shoot – has the most tenuous grasp on "fashion sense".

"A lot of the time he looks like Marty McFly from *Back To The Future*," says Hooper. "He wears these hi-top shoes that are horrendous."

"I live with him [Foley]," chips in Phipps. "Sometimes you ask him to walk about five metres behind you so you won't be associated with him in the street… his sense of style is pretty interesting."

"I certainly don't mind wearing a suit," Folau tells us. "I feel pretty good off the field when I have to wear one. I always try and style up as best as I can. I don't see myself as a really stylish guy but I try my best. Nick [Phipps] is pretty good with his fashion style…"

And so it goes on in the time-honoured way of Aussie guys – jibes and just a bit of skylarking. In the end, they look sharp as hell despite the shenanigans. Now there's only the small matter of not only looking the goods but playing like them. Bring on the World Cup. **mn**

SWING TAGS



MARCS

New looks for Spring from a brand always strong in wardrobe staples, Marcs. Prints, reversible bomber jackets, cotton suiting in new colours and textures and the classic Macintosh in stone are highlights in a polished and elegant offering. Pictured above, the Shoreditch Mac with Jensen Crew Knit, Robbie slim shirt, Johnny Rebel Indigo Slim Jean and Benny sneaker.

marcs.com.au



BURBERRY

Launching in September, Burberry's Scarf Bar in store and online at burberry.com will offer the famous brand's full range of classic and lightweight cashmere scarves, all made in Scotland. A monogramming service offered via the site allows customers the option of creating their own scarf from a slection of over 30 colours, in clasisc and lightweight cashmere and including iconic heritage shades as well as runway-inspired animal and camoflauge prints.

burberry.com



CUP OF LIFE

BEHIND THE GLAMOROUS SUCCESS OF NESPRESSO IS A SERIOUS PURPOSE.

Alongside the well-produced George Clooney ads, and the smart, streamlined aesthetics of the machines, and the sheer modern-day convenience of premium coffee brewed on your kitchen bench-top, there is an ecological mission within the global phenomenon that is Nespresso.

The brand that has become a byword for barista-quality coffee at home is, like many major international names with operations in developing nations, taking a very public stance on sustainability and ethical corporate behaviour. A recent Nespresso event attended by *Men's Style* showcased the diverse global places the company sources its coffee from – including Colombia, Peru and Ethiopia – places where production is indivisible from issues of ecology, community and sustainability.

Aussie Mitch Monaghan (top), Nespresso's 'Coffee Ambassador', spoke with *Men's Style* about the brand's commitments in this area and its ambitious The Positive Cup campaign, which sets as a goal the sourcing of 100 per cent of its permanent range of Grand Cru coffee – via the AAA Sustainable Quality Program – from sustainable sources by 2020.

"We're very proud of the results we're achieving and the impact that we are having on coffee farming communities around the world," says Monaghan. "Nespresso now sources its coffee from approximately 63,000 farmers across 11 countries. This not only ensures high quality and sustainability in the coffee supply chain, it improves the standard of living for farmers and their families.

"Our AAA Sustainable Quality Program, in conjunction with partners such as Rainforest Alliance and Fairtrade, is a world-leading program producing concrete results, with improved environmental, economic and social performance for the coffee-growing communities involved. In 2009, Nespresso committed to sourcing 80 per cent of its green coffee from the AAA Program by the end of 2013, a target we surpassed, reaching 84 per cent. We're now aiming to source 100 per cent of our coffee from the Program by 2020."

Grassroots work with farmers on water management, biodiversity and fair treatment of workers is subject to rigorous certification standards and programs such as the AAA Farmer Future Program, a first-of-its-kind retirement fund for Colombian coffee farmers.

"Finding farmers who were willing to go with us on the journey of sustainability was key," says Monaghan. "It took us time to develop the trust we have amongst farmers today. We provide coffee farmers with support, training, financing and technical assistance to continuously improve quality, sustainability and productivity. This allows us to purchase the same quality coffee from the same farmers, year after year."

> 'It took us time to develop the trust we have amongst farmers today.'
>
> *Mitch Monaghan*

It can be easy to be cynical about the environmental pronouncements of big business brand names, except when it's apparent the brand involved realises and embraces the knowledge its future prosperity is based on sustainable production. Asked whether Nespresso's specific commitments are the result of consumer pressure, Monaghan responds, "Nespresso customers expect exceptional quality, and for us, quality and sustainability go hand in hand. Only 1-2 per cent of the coffee grown globally meets Nespresso's specific taste and aroma profiles... More sustainable farming increases the ability to produce consistent quality into the future.

"The feedback we get from our Club members is that they appreciate the programs we have in place to work with these farmers and coffee regions to ensure their coffee is farmed sustainably," he continues. "It also guarantees that they experience a high quality in-cup coffee time and time again."

In London in early July, Jean-Marc Duvoisin, CEO of Nestle Nespresso, marked the one-year anniversary of The Positive Cup program by detailing the practical progress it had made rebuilding a coffee industry in the troubled south Sudan area. The first-ever coffee exports from the area commenced in 2013 and local farmers were able to access alternative sources of income.

"These are small steps given the scale of the challenges, but I am proud that we can do our part..." said Duvoisin. MS



Scent *for a* GENT

1.Mercedes-Benz For Men 75ml, 2. Police Icon 125ml, 3. Dunhill Desire Blue 100ml, 4. Mercedes-Benz Le Perfum 120ml, 5. Dunhill Desire Black 50ml, 6. Police For Men 125ml

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HOUSE SPECIAL

THE LOCAL HQ OF LOUIS VUITTON WILL BE ONE OF A LIMITED NUMBER OF GLOBAL STORES TO CARRY A RICH NEW LEATHERGOODS COLLECTION FOR MEN.

In the wide and luxurious Louis Vuitton universe, Australian men can now access a very special place.

The George Street, Sydney Maison of the famous French fashion house is one of only 57 Louis Vuitton stores around the world to offer exclusive product from the new Cuir Ombre collection of leathergoods: bags, belts and shoes from the Fall/Winter 2015-2016 pre-collection.

Cuir Ombre is a natural, plain leather with a slightly aged patina and soft hand touch. Three showpiece bags are the focus of the collection – the Keepall, the Lockit Bandoulière and the Porte-Documents Voyage, as well as a new school-style satchel, the Cartable, in warm brown and anthracite grey tones enriched with decorative Monogram canvas details.



Monte Carlo car shoe.



Voyage belt.



Bandouliere bag.

The shoes in the collection encompass an elegant country derby with British Goodyear welt construction through to a sneaker in off-white alligator embossed leather with metallic pieces.

The Cuir Ombre colour story brings a lived-in and highly tactile feel to the collection, embracing cool blues and khakis with red highlights in one expression, and earthy rich browns, greys and burgundy at the other.

Men's accessories is a rapidly expanding space in fashion as the modern worker, needing to travel numerous times a year to maintain professional networks and forge new business relationships, equips himself with a range of stylish yet functional pieces in which to convey work attire, essentials and technological devices.

"Australian men are increasingly seeking detailed craftsmanship in their leather goods," Philip Corne, Chief Executive Officer of Louis Vuitton Oceania, tells *Men's Style*. "In 2012 Louis Vuitton offered a new Nomade leather line for men, and building on this success we are pleased to now introduce the Cuir Ombre collection exclusively to the George Street Maison."

"The Art Of Travel" has been a guiding catchphrase for Louis Vuitton since its founding in 1854, realised through the exacting craftsmanship of its luggage and accessories. For men, the Cuir Ombre collection, marrying fine European styling with practicality, is another step in that journey. The collection is also available at **louisvuitton.com** mn


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Calling Off Work: A CONTINUUM OF POSSIBLE EXCUSES



RISKY

Frank in accounting isn't being nice to you

Your wife is ovulating

Your DVR is getting full

Eczema

Your cat died

Your wife is pregnant

Hangover

Your grandma died

Intestinal distress

Migraine

You threw out your back

Flu

Your wife had a baby *

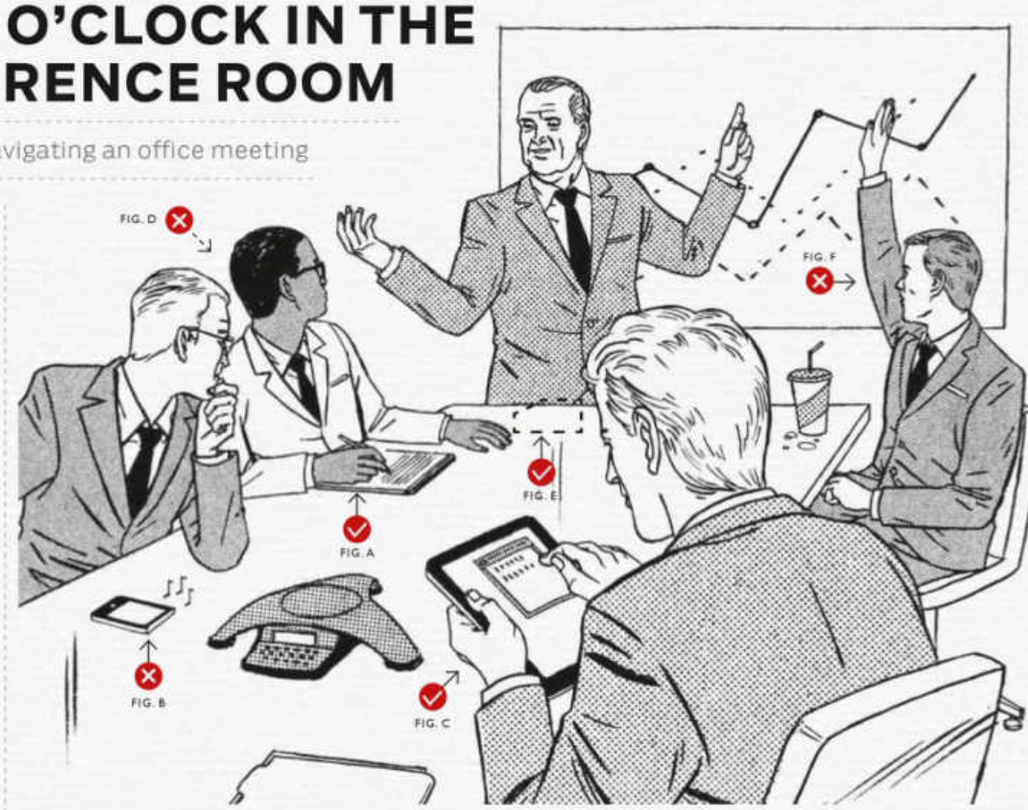
FAIL-SAFE

*Hard to fake

Illustrations by PATRICK LEGER

THREE O'CLOCK IN THE CONFERENCE ROOM

Basic rules for navigating an office meeting



Be the second or third person to a meeting. Never first and never last.

And then, choose your seat as if you were choosing a urinal, being aware of proximity to others.

Every once in a while, be the guy who sits next to the boss.

What you need for every meeting: something to write on, something to write with [FIG. A].

What you do not need: a drink, your cell phone, your assistant [FIG. B].

ALWAYS: Take notes on paper.
SOMETIMES: Take notes on an iPad [FIG. C].
NEVER: Take notes on an envelope, index card, or other strange object you're convinced makes you look creative.

Can you see what your colleague has written on his notepad? Good for you. Stop reading it [FIG. D].

Only the boss gets to put his phone on the table [FIG. E].

Which is to say, only the boss can check e-mail and texts.

No one can check his Twitter feed. No raising your hand [FIG. F].

Always stick up for yourself, but remember, you rarely benefit from blaming others.

On a conference call, you can push the mute button only once to make fun of another participant on the call. After that, it's just annoying.

Everybody knows you tried to deflect that question by asking another. Still, sometimes it's all you've got.

The lowest-ranking person in the room always takes the most notes.

That said, interact with your coworkers as if you all had the same title.

If you're making a presentation, you are more than welcome to simply read the text from the slides. Especially if you don't expect people to pay attention.

HOW TO Date at Work (ABRIDGED)

The chances of it all working out are slim.

◆

That said, it happens.

◆

Your relationship will remain secret for no more than three weeks, no matter how hard you try—and you must try.

◆

The good news: No one will really care. At least not after the first day or two.

The only real problem is when one of you is the other's boss. You could maybe get fired.

◆

Don't bring your work home with you. Conversely, no canoodling, bickering, or lovemaking at the office.

◆

Exit strategies are limited to a job change and marriage.

HOW TO

Compliment a Woman

IT IS AS MUCH A SKILL AS IT IS A NECESSITY. A FEW RULES AND EXAMPLES TO GUIDE YOUR WAY. ADAPT. REPEAT.

You can say that her hair is an improvement, but not so much of an improvement as to imply that you didn't like it before.
TRY:
"I like what you're doing with your hair."

Never harp. It seems disingenuous.
TRY:
"Love your hair. When's dinner?"



As basic as it sounds, women love to hear that a colour looks great on them.
TRY:
"That colour looks really nice on you."

Your niece looks cute or pretty. Your wife looks gorgeous, stunning, beautiful, or amazing.
TRY:
"You look [any of the words above]."

Nothing says sincerity more than the look on your face. Either that or a well-placed expletive.
TRY:
"You look fking amazing."

When complimenting her chest or ass, try to avoid sounding lascivious.
TRY:
"That colour looks really nice on you."

When in doubt, go simple.
TRY:
"Wow."

A BIKINI IS LIKE A BARBED-WIRE FENCE. IT PROTECTS THE PROPERTY WITHOUT DISTURBING THE VIEW.

—JOEY ADAMS

THE BIG BLACK BOOK

RESPONSE GENERATOR

Situations that may arise with the woman in your life, and how to handle them

	NEW RELATIONSHIP	LONG-TERM RELATIONSHIP
SHE SNEEZES	"Bless you."	"Bless you."
SHE SAYS "I LOVE YOU"	"I really care about you." Anything but "Already?"	"Love you, too." Never: "Still?"
HER DOG DIES 	Hugs Space Donation to the local shelter, or maybe just a stuffed animal	Hugs Space Flowers (gardenias are nice) Framed picture of the dog A new dog (when she's ready)
SHE BREAKS WIND AT A COCKTAIL PARTY	Pretend it didn't happen. Take her to get another drink.	Heroically take credit.
SHE WANTS TO HAVE BRUNCH	Pick a sweet place and take her to brunch.	Tell her to have a good time.

NOTES ON WORRY-FREE OGLING

No sunglasses? Here's how to appreciate a beautiful woman and get away with it.

HOW TO AVOID GETTING CAUGHT:

Position yourself so that the person you wish to ogle is between you and something you're actually allowed to look at (e.g., the ocean at the beach, or the television at a bar).

Do it alone. By yourself, it's a discreet act of appreciation, like watching a sunset. When done with a couple other guys, however, you draw attention to yourselves, and what was harmless can seem predatory and disrespectful.

YOU'VE BEEN CAUGHT: WHAT NOW?

Shift your attention immediately to the object in the background and hope she understands that you weren't actually looking at her. *Or*…

…If she doesn't buy that, approach her and say, "Excuse me, but is your name [insert name here] and did you go to [insert name of your alma mater here]?" When she says no, apologize and say she reminded you of an old friend from college. Walk away and don't so much as breathe in her direction again. *Or*…

…Be bold. Maintain eye contact and smile, because if you act like what you did was wrong, then she's more inclined to think it was wrong. If you had any interest beyond ogling, go say hello. And, if applicable, remove wedding band. —*Ben Cake*

Avoid The Doghouse:

A brief guide to making it up to her

You forgot . . .

$ → $$$



. . . to record The Bachelor.

L'Essence candle by Balenciaga; neimanmarcus.com



. . . to tell her your work party was black-tie.

Bikini, Charlie by Matthew Zink; charliebymz.com.



. . . to pick up your son at school.

V-Lux 3 camera by Leica; leica-camera.com.



. . . your anniversary.

Calfskin bag by Celine.



. . . her birthday.

18k noble-gold Avignon earrings with green tourmalines by H. Stern.



. . . to be faithful.

911 Carrera S. by Porsche; porsche.com

The Upside-Down Doghouse

How she can make amends when she does you wrong.

She. . .

$ → $$$



. . . throws out your back issues of playboy

Original Vetiver Eau de Parfum by Creed; neimanmarcus.com.



. . . deletes your tivo queue

PowerShot G10 digital camera by Canon; canon.com.au



. . . reveals that she has, in her words, "an office husband"

Sterling-silver and-malachite ring by David Yurman; davidyurman.com.



. . . forces you to watch the women

Cotton shirt and silk tie set by Cesare Attolini.



. . . refers to someone other than you as a "real man"

Humidor by Armani Casa. Cigars by Nat Sherman; natsherman.com



. . . makes a reference in public to your recent, uh, problem in the bedroom

Leather folio bag by John Varvatos; johnvarvatos.com.



. . . forgets to take birth-control pill, gets pregnant. congrats!

Carbon-finish BR-01-92 watch by Bell & Ross; bellross.com

A FEW WORDS ON WOMEN

"The motto of chivalry is also the motto of wisdom; to serve all, but love only one."

—HONORÉ DE BALZAC

"WOMEN ARE MADE TO BE LOVED, NOT UNDERSTOOD."

—OSCAR WILDE

"Never try to impress a woman, because if you do she'll expect you to keep up the standard for the rest of your life."

—W.C. FIELDS

YOU LOOK [ADJECTIVE]:

A few alternatives to "nice"

ACCEPTABLE:
Beautiful. Gorgeous. Amazing. Fantastic. Great.

RISKY:
Lovely. Stunning. Spectacular. Cute. Fine (pronounced *fy-neh*).

UNACCEPTABLE:
Adorable. Delectable. Divine. Ravishing.

THE UNIVERSAL PASSPORTS

No matter where you're going or what you're doing there, never leave home without these six utterly essential items



1

A NAVY BLAZER:
Because even on the breeziest trips, you never know when you'll need one.

2

A BUTTON-DOWN SHIRT:
Because a man cannot vacation in polo and T-shirts alone.

3

A PAIR OF JEANS:
Because a dark, straight-legged pair dresses up or down.

4

A PAIR OF SUNGLASSES:
Because no man should squint his way through vacation. Also: good to cover up jet lag.

5

A CASHMERE SWEATER:
Because it might get chilly.

6

COMFORTABLE SHOES:
Because you're probably going to be walking some.

Two-button silk-and-cashmere unlined jacket by Canali; canali.it. Cotton shirt by J. Crew; jcrew.com. Cotton jeans by Joe's Jeans; joesjeans.com. Stainless-steel-and-gold-plated sunglasses by Garrett Leight; akinneycourt.com. Cashmere sweater by Ermenegildo Zegna; zegna.com. Leather shoes by Cole Haan; colehaan.com.

The Visual Argument

IF THESE GUYS HAVE TIME FOR A VACATION, YOU HAVE TIME FOR A VACATION



MEN ABOUT TOWN

A VISUAL APPRECIATION



1. Windsor, D. o.
2. Gatsby, J.
3. Grant, C.
4. Butler, R.
5. Wolfe, T.
6. Peanut, M.

"He who observes etiquette but objects to lying is like someone who dresses fashionably but wears no vest."
—WALTER BENJAMIN

The CULTURALLY RESISTANT MAN

How to prepare for, and behave in, high society

EVENT	How to prepare	How to enjoy	How to discuss	How to dress
AT THE Gallery 	It's important to understand the artists' context. Many museums offer lectures on their artists, which you could attend. At the very least, read the brochure.	Focus on a couple of rooms. The longer you study a painting, the more details you'll notice. Look for those details that trigger a response. If you aren't sure what's good about a piece, ask the staff. It's why they're there.	Talk about whatever moved you, either emotionally or intellectually. If you don't like something, don't be scared to say so. Just be sure to explain your logic (too garish, simplistic, etc.).	Comfortably. People should be looking at the paintings, not at you.
AT THE Ballet 	You can read up on the story to get a little background if you want, but it's not necessary.	Look for energy from the performers. When in doubt, watch their feet. And if someone happens to fall, it's customary (if counterintuitive) to clap a little longer for them after the performance.	Talk about how the dancer drew you into her world, how precise the movements were, and whether it looked like she was living out the music or dancing separately from it.	Khakis and a nice shirt. If you're feeling fancy, throw on a blazer.
AT THE Symphony 	Orchestras often provide program notes or podcasts on their Web sites ahead of time. Read and listen to them.	It's perfectly acceptable to close your eyes. Or track the melody by watching whom the conductor points to. One warning: Orchestras pause at the end of every movement. Clap only at the end of each piece (when the conductor turns around).	Talk about how it made you feel—happy, sad, worked up. Music should be about emotional response. Share yours.	No need for black tie, but you want to look nice. Dress as if you were meeting your in-laws at a nice restaurant.
AT THE Opera 	If you learn the story in advance, you'll spend less time reading the subtitles and more watching the singers. And don't make your first opera Wagner. Starting opera with Wagner is like learning to read with *War and Peace*.	Try to physically feel the voice of the singer filling the concert hall. She's not miked. Really fast or heavily dramatic passages are the most impressive. If you fall asleep and miss the end, assume that the main characters died. They usually do.	Some vocabulary: An *aria* is usually sung by one person. More than one person, it's an *ensemble*. *Diva* (*divo* for men) is a perfectly normal way to refer to a singer. As is *prima donna* (the lead).	Cocktail attire. No cape.

With thanks to Ari Wiseman, deputy director, Guggenheim Museum, New York; Jenifer Ringer, principal dancer, New York City Ballet; Edward Yim, artistic administrator, New York Philharmonic; and Elena Park, assistant manager, Metropolitan Opera.

Illustration by PATRICK LEGER

THE ART OF THE Whisper

It's hard to stay quiet for all three hours of La Bohème. Here's how to say what you want to say to as few people as possible.



Speaking pushes air through the larynx, activating the vocal folds, which open and close, vibrating to make sound. That sound travels through the mouth, nose, and pharynx and resonates as your voice. When you whisper, however, your vocal folds do not close. The tissues of the larynx provide the slight vibration necessary to produce some sounds, but sounds like p's and t's are made with the lips, so they'll be the same whether you're whispering or not. Avoid those. How wide you open your mouth also matters. Open-mouth sounds like aaah will be louder than vowels like eee. Fricatives—sounds like thuh or shuh—are a problem as well. As the air hits your teeth, those sounds are amplified. Avoid those, too. Come to think of it, maybe you should just text. Use your hand to block out the light.

With thanks to Dr. Robert T. Sataloff at the Drexel University College of Medicine and Allard Jongman at the University of Kansas.

Lessons from History's Greatest Hosts



Caligula: Have a good mix of men and women.



Louis XIV: The more, the merrier.



Truman Capote: People love a good theme party.



Steve Rubell, Studio 54: Make sure things don't get out of hand.



John Belushi, aka Bluto: Be the life of the party.



Dennis Kozlowski, Tyco: Don't spend too much money.



The Best Barbecue for Your Guests

GRILL MASTER STEVEN RAICHLEN ON EVERYTHING YOU NEED WHEN HOSTING A BACKYARD BURNER

The meal:

A Texas-sized version of the most iconic dish in barbecue: spice-rubbed beef long ribs. Serves eight.

The ingredients:

- Four racks of beef long ribs, each about three pounds.
- Coarse salt, freshly ground black pepper, sweet paprika, chili powder, and mustard powder. Mix equal amounts of each to make a rub for the ribs.
- One bottle of your favorite barbecue sauce.

Putting it all together:

Smoke-roast the spice-rubbed ribs, using the indirect-grilling method. (This means cooking the ribs next to, not directly over, fire; in a charcoal grill, which is best for smoke-roasting, rake the coals into two mounds at opposite sides of the grill. Then place an aluminum-foil pan between them in the centre, place the ribs on the grate over the drip pan, and cover the grill.) Cook for 1½ hours at 350 degrees and brush on sauce during the last five minutes of cooking.

Steven Raichlen is the author of The Barbecue! Bible *and* How to Grill *(Workman Publishing) and host of* Primal Grill *on PBS. Visit his Web site at barbecue-bible.com.*

THE GREAT GRILL DEBATE

A decision every host has to make

	GAS GRILL	CHARCOAL GRILL
PRICE:	A good one often sets you back four figures and requires semifrequent maintenance.	Generally less expensive than gas grills, and, barring undue abuse and with semifrequent cleaning, a decent charcoal grill will last forever.
PREP ROUTINE:	Turn on the gas, press the igniter, and adjust the knobs to desired heat level; close grill. That's it.	Dump in natural lump charcoal or charcoal briquettes, ignite, and put on lid. Purists avoid lighter fluid because it could leave a taste on the food, but if you're in a hurry, it'll do.
PREP TIME:	Ready to cook in ten minutes.	Needs 20 minutes or more to heat up. If the briquettes are on fire, they're not hot enough to cook over. Look for a coating of white ash with a red glow coming through.
COOKING:	Most gas grills max out at around 500 degrees, so food can take longer to cook. Adjustable knobs allow for easy temperature control.	Depending on size of grill and intensity of fire, it can easily go above 500 degrees. Your food must be watched closely, and the temperature can be difficult to adjust.
FLAVOUR:	Without a special smoke box, it's not so different from what you'd cook on an indoor griddle.	Smoky, charred, earthy: what barbecue is supposed to taste like.
CLEANING:	The grills are usually easy to clean and maintain.	Between the ashes and the grill, can be a bitch to clean.
BIGGEST ADVANTAGE:	Convenience.	Authenticity.

HOW TO

Throw a Summer Jammer

GOOD FOOD, GOOD DRINK, GOOD MUSIC: ALL THE INGREDIENTS FOR A GOOD PARTY

CINCO DE MAYO



Specialty drink: Good margaritas. In a punch bowl, stir together with ice: 7 cups good tequila, 3 cups Cointreau, 2 ¼ cups fresh-squeezed lime juice, and ¾ cup simple syrup (mix superfine sugar and water in equal quantities). Strain into margarita glasses. Makes 24 drinks.

Food: Steak tacos with guacamole, salsa, and lime crema (recipe available at esquire.com).

Playlist: José Alfredo Jiménez, "El Rey"; Maná, "Oye Mi Amor"; Los Tigres del Norte, "Contrabando y Traición"; Alejandro Fernández, "Te Quiero"; Los Socios del Ritmo, "La Carreta"; El Chicano, "Viva Tirado"; Flaco Jimenez, "Marina"; Molotov, "Puto"; Sir Douglas Quintet, "Nuevo Laredo"; Son de Madera, "La Guanabana"; Plastilina Mosh, "Peligroso Pop"; War, "Cinco de Mayo."

MELBOURNE CUP PARTY



Specialty drink: Mint juleps. In a mixing bowl, stir together 3 large bunches fresh mint, 4 oz water, 4 oz bourbon or dark rum, and ½ cup superfine sugar. Chop up the mint until fine and strain the resulting mint syrup into a punch bowl filled with ice. Pour in two 750ml bottles bourbon and garnish with mint sprigs.

Food: Easy Carolina pork-shoulder sandwich (recipe available at esquire.com).

Playlist: Junior Kimbrough, "Stay All Night"; Dan Auerbach, "My Last Mistake"; Wendy Rene, "Bar-B-Q"; the Contours, "First I Look at the Purse"; Bill Black's Combo, "Smokie Part 2"; Furry Lewis, "I Will Turn Your Money Green"; Etta James, "Don't Lose Your Good Thing"; O. V. Wright, "A Nickel and a Nail."

PUBLIC HOLIDAYS



Specialty drink: Whiskey sours. In a punch bowl, stir together one 750ml bottle whiskey, 6 oz fresh-squeezed, strained lemon juice, and 6 oz simple syrup. To serve, shake 3 oz per person with ice and strain into chilled cocktail glasses. Garnish with a cherry and an orange slice.

Food: Coca-Cola-brined fried chicken (recipe available at esquire.com).

Playlist: The Undertones, "Here Comes the Summer"; the Untamed Youth, "Pabst Blue Ribbon"; Casper & the Cookies, "My Heart Is in My Head"; DJ Quik, "Pitch In Ona Party"; Sea Ray, "Revelry"; the Dynamics, "Ice Cream Song"; Beulah, "Sunday Under Glass"; LCD Soundsystem, "Daft Punk Is Playing at My House"; Luna, "Ride into the Sun"; Deer Tick, "Dirty Dishes."

And remember: You can never have too much bug spray or too much ice. Have a backup plan in case of rain. And no roasting a pig on a spit.



The Best Kinds of Ice

Crushed

Crushed ice cools the drink the fastest, but it also melts the fastest. Best for drinks that could use a little bit of watering down, like a mojito.

Cracked

Cracked ice will give you a middle-of-the-road balance of cooling and dilution. It works best with stirred or shaken drinks, like martinis that need rapid cooling with a little dilution.

Cubed

Cubed ice melts the slowest and causes the least dilution. It's best with liquor on the rocks, like a whiskey that you don't want watered down.

The War on Bugs: Fact Check



DEET (DIETHYLTOLUAMIDE) IS THE BEST FORM OF REPELLENT.
TRUE. Look for a 25 to 35 percent formulation of deet in any repellent you choose to buy; you'll get four to six hours of repellency.

SPRAYS AND LOTIONS WORK THE SAME.
FALSE. Pump-spray repellents work best and fastest; lotions take about 20 minutes to become active.

CITRONELLA CANDLES WORK.
TRUE, kind of. The wind can blow out the candles' effectiveness when they're used outdoors, so they're most effective when the wind is light.

THERE ARE PLENTY OF ALL-NATURAL BUG DETERRENTS.
FALSE. For the most part, natural solutions like garlic oil, oil of cloves, and vitamin B supplements aren't effective against mosquitoes. Although they do bring about some deterrence, you'd have to apply an unhealthy amount for them to be effective for more than 20 minutes.

THE MASTER LIST OF HANGOVER REMEDIES

THE POISON	THE SYMPTOMS	THE REMEDY
Beer	The grains and yeast contained in beer lead to bloating and diarrhea.	Alka-Seltzer Plus. The carbonation soothes your nausea, while the aspirin takes care of the headache.
Red wine	The tannins lead to sharp, migraine-esque headaches.	Gatorade and aspirin. The aspirin eases headaches while the Gatorade helps replace the fluids you've lost around the brain.
White wine	The sugar content in some white wines can trigger dehydration and headaches.	Rehydrating with some water over the course of the day and an ibuprofen for the headache.
Dark liquors	These contain congeners, substances that when metabolized can lead to intense nausea.	A whiskey and lemonade (preferably with homemade lemonade). Lemon stimulates digestion while whiskey decreases withdrawal symptoms. Or: See *red wine*.
Carbonated mixed drinks	The carbonation causes you to absorb the alcohol faster and increases the likelihood of dehydration.	See *red wine*.

With thanks to Frankie Thaheld, mixologist, and Mitch Earleywine, associate professor of psychology at the University at Albany.



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men's style

WATCHES

THE FINEST NEW TIMEPIECES FROM AROUND THE WORLD.



COLOUR CONSCIOUS

THE BOLDLY COLOURED WATCH FACE HAS MADE A NOTABLE RESURGENCE, WRITES *ELISABETH KING*.

Forbes magazine took the bull by the horns just prior to this year's Baselworld to warn that there were plenty of watch models on display with a strictly limited appeal. Fingered under the heading – The Nine Ugliest Watches of Baselworld 2015 – was the Jacquet Droz Bird Repeater, a US$520,000 timepiece featuring two birds feeding each other in a nest. The Ulysse Nardin Erotica Hour Striker, where the carved figures of a man on top of a woman doing what you think they will do with a firm press of the pushers, also received a thumbs down. But the reason for panning the TAG Heuer Formula 1 Cristiano Ronaldo was based solely on its green dial designed to mimic the colour of a soccer field.

There's still a lot of unwarranted snobbery about coloured dials, mainly from those with little knowledge of their long history in luxury watches. Many people mistakenly attribute the current upsurge in brighter coloured dials to Swatch, whose fiercely eye-popping colours are designed to reflect different moods – sporty, urban hipster or extrovert. Yet some of the biggest names in the haute business have been making coloured dials for decades. Not for purely fashion reasons but because »

>> *Continued from p105*

particular colours have a potentially life-saving use. Yellow is the last colour to disappear from sight under water, which is why the Breitling Avenger II Seawolf is so handy for pilots and divers.

If you're only planning to buy one high-end watch, then it's probably wise to stick with a white, black or silver dial. Just don't fool yourself that you're being restrained for tradition's sake. After the holy trinity of hues, the most used colour for dials is salmon pink, which has been around for so long it's viewed as a neutral. Back in 1991, Franck Muller kickstarted his first mainstream steel collection with a Casablanca model with a salmon dial. In fact, it's the most popular colour for re-issued vintage watches such as the very exy Vacherin Constantin Les Historiques Chrono in platinum.

Brands such as Omega, TAG Heuer and Breitling produced a lot of coloured dials when the world went psychedelic in the 1960s and '70s, some with wild and wacky graphics. Watch collectors bid feverishly for vintage Rolex Day Date models from the 1970s with Stella dials in bright green, red and blue. So it came as no surprise when the brand had a global smash hit last year with an Oyster Perpetual in Red Grape.

One of the major criticisms of coloured dials is that they are hard to match to different outfits – business and leisure. The reverse is true. Red Grape was such a winner for Rolex because it's more of a burgundy colour that sits well with a wide variety of suit, tie and shirt combinations.

The number of coloured dials has been steadily increasing for the past decade, ever since the big end of town and the global market decided that colours and jewels were here to stay. Like salmon pink, blue has also been elevated to the status of a neutral. In fact, it's become a key colour for a large swathe of the 1,500 brands who showcase their wares at Baselworld because of its huge popularity with both watch buffs and casual buyers. The buzz about blue has become so strong that blue on blue dial strap combos, such as Tudor's Pelagos Blue, were tapped at last year's Baselworld as the trend to watch and were very much in evidence this year.

Accessible is a relative term to watch lovers. A bi-coloured bracelet matched with a blue dial is a popular choice from TAG Heuer's Aquaracer lineup. A blue dial on the IWC Portugieser semaphores prestige and sophistication rather than vibrancy. Up in the stratosphere, a rare A. Lange & Sohne Tourbillon Pour Le Merite in white gold with a blue dial fetched a record price of $401,000 at auction in Geneva two years ago. If your bank balance isn't that big, Swiss stalwart Glycine also offer several classy blues, particularly the Airman 17 and Airman 17 Royal.

Bold splashes of colour – red and green – are popular choices for sportier watches, either whole faces or "tinges" of colour on pointers, hands and more. Rolex produces a sought-after Submariner with an emerald dial and Breitling specialises in orange and yellow dials. Red, white and black touches which tap into the look of cockpit instruments also enjoyed a renewed surge of popularity at Baselworld this year.





Rolex Oyster Perpetual with 'Red Grape' dial (left); Jaeger LeCoultre Master Grande Tradtion Tourbillon Cylindrique a Quantieme Perpetuel in Prussian Blue (right).

If an entire orange dial is a step too far, many brands make stylish use of the colour's high-vis capabilities on sport watches. Black was the colour choice when Omega released the Seamaster Planet Ocean 10 years ago. It still is for the dial of the 600 M but the Dayglo orange shade of the bezel and strap stand out strongly in limited light.

What isn't in question is the renewed popularity of coloured dials, which are creating increased interest among younger buyers looking for more expressive alternatives. With an eye to the future, many luxury brands are looking back into their archives to offer fashion, fun and functionality, whether it's an entry level timepiece or an heirloom such as the Jaeger LeCoultre Master Grande Tradition Tourbillon Cylindrique a Quantieme Perpetuel in Prussian Blue. **mw**



LOUIS VUITTON

Tambour Damier Graphite Rope

Released alongside Louis Vuitton's Fall/Winter 2015 runway collection, this highly distinctive addition to the Tambour Damier line is designed by Artistic Director (Men's Collections) Kim Jones and most definitely for the fashion-conscious. In Damier Graphite signature, the famous check pattern is reinterpreted into a contrasted grey/black or metal/black design. The distinct rope signature originally designed by English fashion designer Christopher Nemeth appears on the refined dial and the strap. Inarguably unique.

POA.



RADO

Hyperchrome

Rado's reputation in the area of high-tech ceramics is without peer in watchmaking circles and perhaps reaches its zenith in three limited edition additions to its Hyperchrome line. Inspired by the work of Maitres Chocolatiers who have made Switzerland synonymous with fine chocolate, Rado introduce a high-tech ceramic in chocolate brown, which changes in depth as the light does during the day. Pictured is the Hyperchrome Automatic Diamonds – the brown ceramic and rose gold detail burnished by 56 Top Wesselton diamonds – and limited to 600 pieces. Add some difference to the watch draw.

$9,125.



BREITLING

Aerospace Evo Night Mission, $6,890.

30th Anniversary limited edition, $7,520.

TECHNICAL MASTERY

BREITLING MARKS THE 30TH ANNIVERSARY OF A LEGENDARY PILOT'S WATCH.

Originally launched in 1985 with a titanium case, seven-jewel quartz movement based on the ETA 988 calibre, and its distinctive LCD screens, Bretiling's Aerospace pilot's watch has undergone constant reinvention ever since.

In the intervening years dial colours, numerals, movements, diameter, bracelets and straps are some of the key components to have been routinely updated on the enduringly popular model.

Now as it reaches its 30th anniversary, Breitling once more evolves the offering with this electronic multifunction chronograph in black satin-brushed titanium (above, left) as well as a 300-piece limited edition model with a distinctively Breitling yellow dial (above, right). Both are now known as Aerospace Evo Night Mission.

One thing that hasn't changed down the years – control of this technically adept piece remains a matter of rotating, pressing or pulling out the crown to operate the entire set of functions that are useful to pilots.

Powered by the Caliber Breitling 79 SuperQuartz movement with analog and digital display, chronometer-certified by the COSC, those functions include 1/100th of a second chronograph, countdown timer, second timezone, alarm, audible indication of the time (minute repeater) and calendar.

Technical excellence and functionality is complemented by the tough lightness of the titanium case and the sleekness of the black carbon-based coating, while the engraved rotating bezel with its four integrated rider tabs allows careful handling of the piece during movement.

A new military strap in brown provides a definitively masculine appearance, an image enhanced by water resistance to 100m, a 43mm diameter and luminescent hands and numerals for superior legibility.

breitling.com



SEIKO

Astron GPS Solar Dual Time

Based on the limited edition chronograph Novak Djokovic wore while winning Wimbledon this year, this addition to the Astron GPS Solar Collection includes a new 8X53 calibre which is 30 per cent smaller than the existing Dual Time 7X calibre, achieved via new energy-saving technology allowing the watch to connect to the GPS work with a smaller antenna. The watch's core function – the ability to adjust to every time zone on earth at the touch of a button – remains unchanged. Black ceramic bezel, an extra-strength silicon strap and rose-gold case complete a muscular piece.

$2,700.



RAYMOND WEIL

Freelancer 'Piper'

In partnership with aviation manufacturer Piper Aircraft, Raymond Weil has developed its first-ever pilot watch – 'Piper' – as an extension of the Freelancer line. Limited to 1,500 pieces, the titanium and stainless steel 45mm case houses a mechanical self-winding chronograph movement with date and GMT functions. Distinctive blue minute and hour hands resemble the aircraft's rotor blades while the GMT hand, with its red pointer, references a compass. The small seconds sub-dial at 9 o'clock is inspired by the altitude indicator, while the openwork black leather strap enhances the aviator look.

$5,999.



SMART MOVES

ALPINA CEO GUIDO BENEDINI TELLS *MEN'S STYLE* ABOUT THE HERITAGE SPORTS BRAND'S FIRST ENTRY INTO THE SMARTWATCH SPACE.

In Australia recently to talk about the Alpina Horological Smartwatch (bottom, right), the Swiss sports heritage brand's CEO Guido Benedini was a persuasive advocate for the developing revolution in watchmaking, as 'connected' devices and wristwear merge.

Alpina has moved into the smartwatch space early – is this really a revolution for the industry?
Yes, very simply because it's the direction everything is going in our daily life – every object and activity is becoming connected. The watch has a role to play in this development, for a very simple reason... because on the wrist, your watch is in a very secure place. It's about the most personal item you can own and so there is a very clear link between that and connected functionalities.

What has Alpina sought to achieve with the Horoglogical Smartwatch?
Being a luxury watchmaker the first thing we wanted when we started its development three years ago was a watch that's a real timepiece, of course. When people buy a luxury item like a watch, they still want this kind of finishing, and they also want a timeless object. What does this mean? Firstly, its timeless because of the design, because of the features – you have no holes in it to connect to your phone – and its water resistant to 100 metres. It's a genuine luxury watch.

Explain briefly the key connected features of the timepiece?
Everything is operated through the crown. In terms of apps, we didn't want the watch to just be an extension of what's already on your phone. We wanted useful applications relevant to your daily life. So, activity and sleep tracker, steps, calories, sleep profiles, alarms, adaptive coaching – the watch slowly understands your behaviour and gives you tips on how to better move or when to start moving. If before we said a watch is an indicator of lifestyle, today it goes much beyond: it also measures your lifestyle, and you do react to it.

What's special about the Flyback Chronograph (below) the brand presented at Baselworld this year?
In the industry there are only 10 in-house chronograph movements. We presented the 10th at Basel, which has two patents and employs what we call direct flyback technology. As a sports brand, we wanted to make a really robust haute horologerie watch and that's what we've achieved. **ms**

ALPINA

Horological Smartwatch (right), $1,650-1,775.

Alpiner 4 Flyback Chronograph (bottom), $7,050.





Kinetic GMT

SEIKO

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seiko.com.au

TRUE BLUE

Hugh Jackman's rep as one of the world's most down-to-earth celebs is founded in his disciplined childhood, writes *Michael Pickering*.



PHOTOGRAPHY
GILLES MARIE ZIMMERMANN @ ANGELA DE BONA AGENCY. SHOT FOR MONTBLANC.

Interviewed by DREW TURNEY



In *Corelli*, the late 1980s ABC drama in which he played a sullen, mulleted, tightly wound crim opposite his wife of nearly two decades, Deborra Lee-Furness, "Australia's" Hugh Jackman appeared anything but the warm and amiable fella we now know him as.

So convincing was he (in a show in which some other performances, thanks to Youtube, look seriously dated), it came as a bit of a surprise to this writer to discover – as Jackman's star was on the rise – that he was a private schoolboy from Sydney's North Shore who went to Knox, played a lot of sport in between high school drama productions and was also school captain.

Now, of course, at 46, Jackman is an international superstar with one of the most diverse CVs of any leading Hollywood male actor, from Broadway song-and-dance man and Academy Awards host, to comics-turned-into-movies franchise king, Montblanc ambassador and long-term philanthropist through vehicles such as the Global Poverty Project.

Behind the public roles there is the long union with Lee-Furness, fatherhood to their two adopted children, Ava and Oscar, and his backing of Lee-Furness' very public campaign for greater support of adoptive parents via her Adopt Change organisation. Then there is Jackman's acknowledgement – seemingly universal – as one of the truly nice guys in an industry where many feign such a reputation but are privately known as A-Grade arseholes. The *Corelli* character, it seems, was never to be found inside Hugh Jackman.

Undoubtedly his upbringing has something to do with that. The son of "10-pound Poms", his father and mother divorced when he was eight and he and his brothers were brought up primarily by his father in Sydney (his mother returning to England).

"My father was an accountant and I actually thought we

»





Hugh Jackman

‘I don’t feel like I work a day in my life and that is the greatest gift.’

‘Even rollercoasters were frightening to me [as a kid]... I had to overcome it.’

were poor growing up but we weren’t,” Jackman tells *Men’s Style* during a press day in LA for his new film, *Pan*. “I’m really glad for the upbringing I had. He made us very respectful, he was very regimented. My father brought me up for most of my childhood so with five kids, it had to be very regimented. We did all our housework, we cooked all the dinners when I was eight. Once a week you did the washing up, once a week you did the washing; pretty simple. I really appreciated that.”

The question leads naturally to one about what he’d like to pass on to his own children as they approach the end of their childhoods.

“Lots of things,” he says, looking thoughtful. “I always try and really encourage them, no matter what it is, with the things they genuinely love doing. I’ve fallen into this job... really fallen into it and I love it. I don’t feel like I work a day in my life and that is the greatest gift. My Dad loved being an accountant. I know that might sound funny, but he absolutely loved it.

“In a way I was growing up watching that and without knowing it, me and my siblings, we have found things that we love doing. That is something that I would love my kids to have. And also the qualities of gratitude and respect ... to go through life being respectful to others and not just only thinking about yourself, being grateful no matter what’s going on.”

And there he is. The Hugh Jackman who doesn’t only say it, but appears to always live it. The man who never seems to put a foot wrong (his sometimes bunging-it-on accent in Baz Luhrmann’s *Australia* notwithstanding), and who even treats his own serious health issues with remarkable public equanimity – witness his social media postings about having a skin cancer removed from his nose in late 2013. It’s this fearsomely open public image, matched to his finely honed talent, that keeps Jackman in fierce demand by movie-makers and audiences alike.

In the coming two years he has a slew of new projects coming out, beginning with his role as Blackbeard in *Pan* (in Australian cinemas from Sept. 24) and encompassing further *X-Men* and *Wolverine* sequels as well as famed circusmaster PT Barnum in *The Greatest Showman On Earth*.

“It’s a heart lifting story that everyone can relate to, a hero’s journey about learning to believe in yourself and going through great challenges, to rise above what you think you’re capable of,” Jackman tells us about *Pan*. “When I was the age of Levi [Miller, who plays Peter Pan in the film] people would say I had confidence but I had a lot of fears. I was a very fearful kid. I was afraid of the dark. I was afraid of being in my home on my own. I was afraid of heights. It used to frustrate the hell out of me. So I can relate to that thing that Peter Pan has of being frightened to do things and people forcing you to do it. I grew up with older siblings and everything in Australia seemed to be jumping off a cliff or doing something frightening. Even rollercoasters were frightening to me. I had to overcome it.”

How he has. Along the way, Jackman – unlike some other expat stars – has developed an unofficial role as a roving ambassador for his homeland. It’s not, he tells us, one he’ll ever shy away from.

“I remember when I first started in Hollywood someone was saying to me, ‘*X-Men*’s out and you’re a movie star now so you gotta just be very withdrawn and mysterious.’ I said, ‘man, I don’t know if it’s the Australian in me but I’m from the school of, if there’s something good just tell everyone about it!’ It’s just who I am. And that includes my country...” MS







Him: Polo Ralph Lauren
sweater, $329, shirt, $169,
and tie, $159.
Her: Polo Ralph Lauren
bomber, $699.

Classic informs contemporary in Polo Ralph Lauren's latest looks for cool boys and girls.

THE PERFECT PAIR





TOP:
Him: Polo Ralph Lauren jacket, $999, tee, $69, tie, $159, and chino, $169.
Her: Polo Ralph Lauren jacket, $849, vest, $369, and pant, $369.

BOTTOM:
Him: Polo Ralph Lauren sweater, $499, shirt, $149, tie, $159, and jeans, $269.
Her: Polo Ralph Lauren shirt, $149, tie, $169, jeans, $299, and belt, $149.

OPPOSITE:
Him: Polo Ralph Lauren jacket, $1,099, shirt, $169, and pocket square, $119.
Her: Ralph Lauren dress, $449, and bag, $1,999.



THE PERFECT PAIR



THE PERFECT PAIR



TOP:
Him: Polo Ralph Lauren jacket, $1,299, shirt, $129, tie, $159, and jeans, $249.
Her: Polo Ralph Lauren floral dress, $599.

BOTTOM:
Him: Polo Ralph Lauren jacket, $599, denim shirt, $169, and jeans, $249.
Her: Polo Ralph Lauren dress, $449, and bag, $399.

OPPOSITE:
Him: Polo Ralph Lauren bomber, $699, shirt, $149, tie, $159, and jeans, $249.
Her: Polo Ralph Lauren leather jacket, $1,799, shirt, $129, tie, $159, skirt, $299, and sandals, $599.



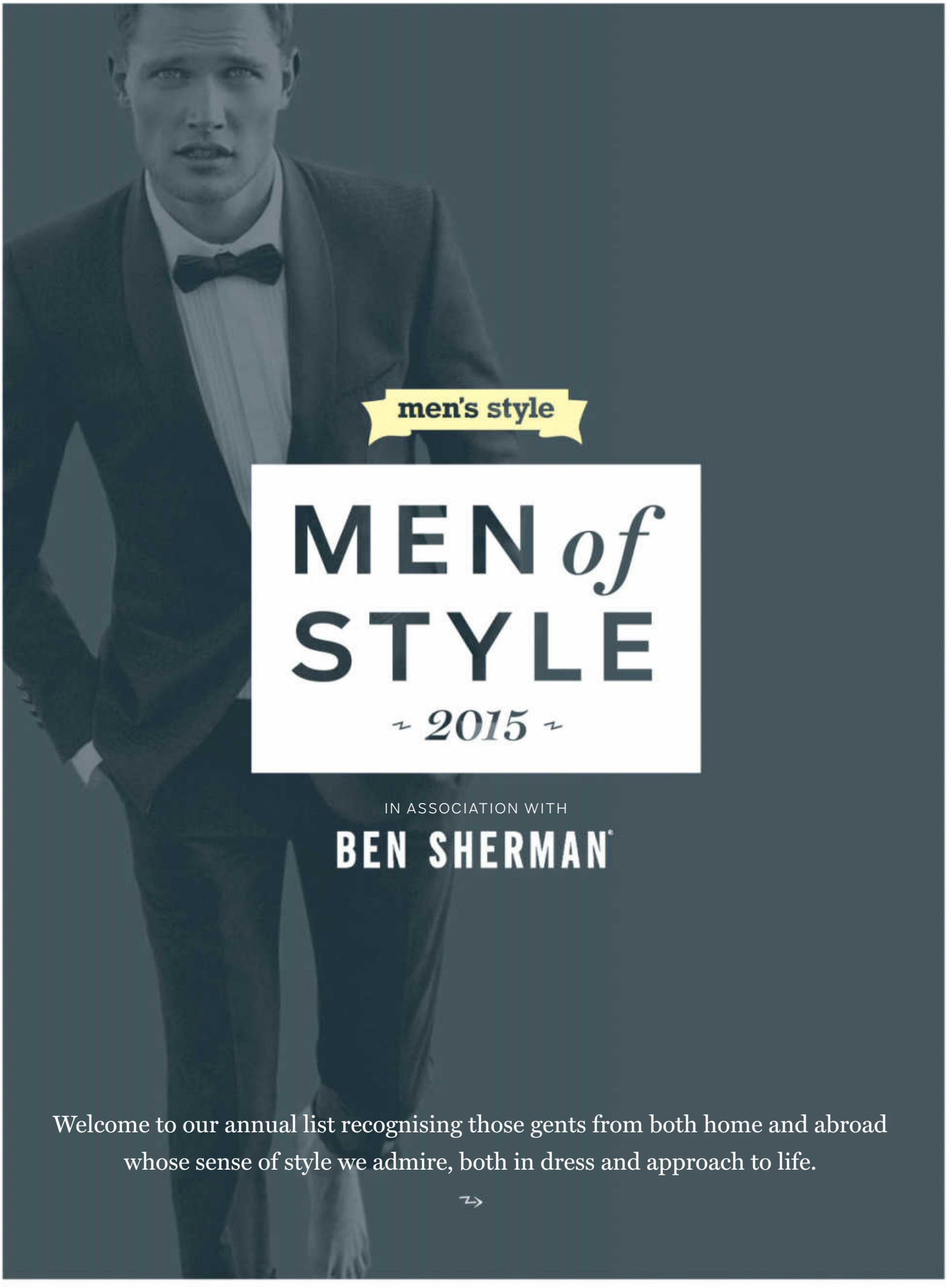
PHOTOGRAPHY
STEVEN CHEE

STYLING
KIM PAYNE

MAKE UP
MOLLY OAKFIELD

HAIR
CARL REEVES


BEN SHERMAN
the original
– button up –
SINCE 1963
#buttonup



men's style

MEN *of* STYLE

2015

IN ASSOCIATION WITH

BEN SHERMAN

Welcome to our annual list recognising those gents from both home and abroad whose sense of style we admire, both in dress and approach to life.

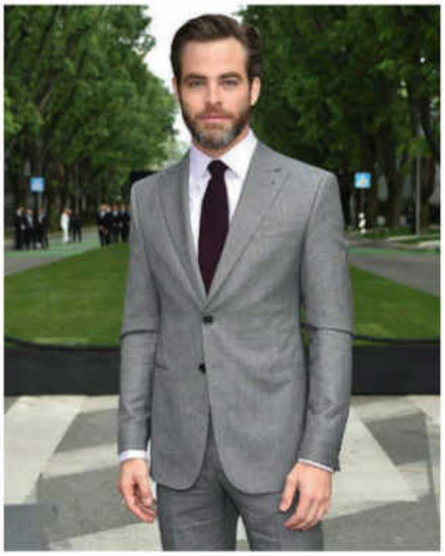


Nick Phipps

RUGBY PLAYER

The NSW Waratah and Wallaby was even nominated by his team-mates as a man with a keen interest in and knowledge of fashion, and he certainly sounded like he knew what he was talking about when we spoke with him on a recent Sportscraft shoot (above).

Phipps and co will have a lot of attention on them both on and off the field as they battle for the Rugby World Cup in England and Wales during September and October. Just as well he looks smart.



Chris Pine

ACTOR

In the frontline of next-gen Hollywood leading men, Pine is already a favourite head for a range of luxury brands because of his neat proportions and polished appearance.

Captain Kirk in the new series of *Star Trek* films, seemingly for the rest of his life, as well as Steve Trevor in the coming W*onder Woman* film, Pine rocks great hair, stubble of varying lengths and perfectly cut suits as he goes about ruling movie-land.



MEN *of* STYLE



Daniel Craig

ACTOR

It's a big year for Mr Craig with a new Bond film, *Spectre*, released in November. In what shapes as one of the most 'sponsored' films of all time, Craig is said to get about in an impressive array of suits, jackets and coats by Tom Ford.

When he's not James Bond, Craig is more your fitted tees and open-necked-white-shirt-with-a-blazer-and-pocket-hanky kinda guy, his broad-shouldered, tapered waist physique ensuring he always look... just right.

David Campbell

PRESENTER

It's always a pleasure to turn on the teev of a morning and see what former cabaret singer turned polished morning presenter Campbell is wearing. His combination of suit and tie and tie pin and pocket square is always just so, often with an individualistic tweak. Does he put it all together himself? Who knows? Who cares? He wears it so well.





David Gandy

MODEL

As profiled in our *Icons Of Style* spot last issue, Gandy is the model who has transcended modelling to become a fashionplate in his own right. In between authoring newspaper and magazine columns on style and etiquette, Gandy demonstrates what to wear and how to wear it for the stylish gent into well tailored suiting and the fully finished look. Put it this way, you never see a photo of Gandy in trackies and a ripped t-shirt.



Ryan Corr

ACTOR

Introduced to us via *Packed To The Rafters*, Corr is now moving into a far more interesting stage of his career. High-profile roles in *The Water Diviner*, *Love Child* and coming film *Holding The Man* (in cinemas Aug. 27) have given us an exciting taste of the 26-year-old NIDA graduate's talents. The future appears bright for the boy from Melbourne.

Ben Sherman suit, $599.95, shirt, $119.95, tie, $69.95, and pocket square, $29.95. **Bell & Ross** BR03 Black Ceramic watch, $5,500.

Photo DUNCAN KILLICK *Styling* KIM PAYNE *Grooming* CARL REEVES



Craig Foster

FOOTBALL ANALYST

Amongst football codes soccer players – lithe and lean of frame thanks to the endless running they do up and down that damn pitch – always seems to wear suits better. The oval ball fellas are so big!

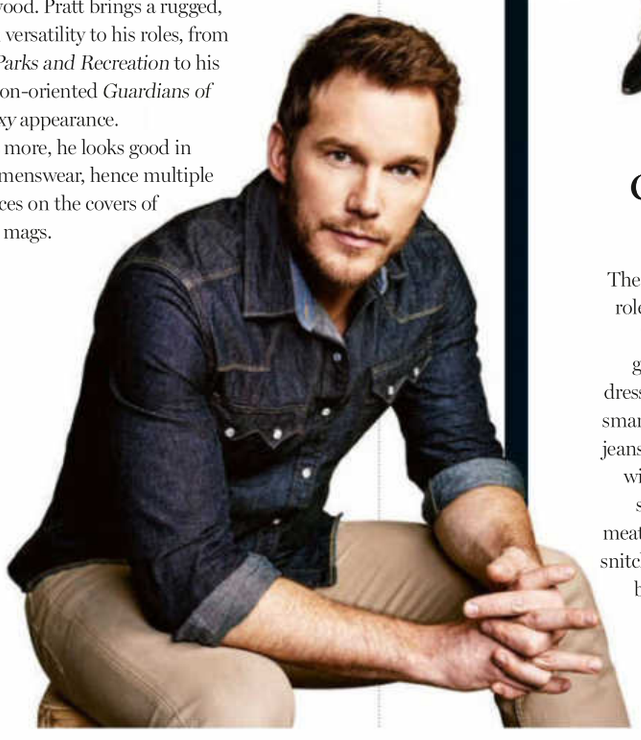
Craig Foster used to be a Socceroo before he became a forthright and even sometimes controversial Chief Football Analyst for SBS. He's managed to retain the physique meaning he always looks very sharp, particularly in lighter suits. The mature addition of the 'silver fox' mane has also made him, in old-school terms, thinking woman's crumpet.

Chris Pratt

ACTOR

We don't think Michael Douglas was talking about Chris Pratt when he recently complained about the lack of 'manly' men in Hollywood. Pratt brings a rugged, unshaven versatility to his roles, from Andy in *Parks and Recreation* to his more action-oriented *Guardians of The Galaxy* appearance.

What's more, he looks good in on trend menswear, hence multiple appearances on the covers of US men's mags.





MEN *of* STYLE

Jai Courtney

ACTOR

The in-demand Sydney actor, most recently seen in *Terminator Genisys*, undercuts his muscular, action-man movie persona at premieres and red carpet events with a keen eye for on trend suiting and blazers. Stocky and broad of shoulder, he knows what looks good on him and it shows. A former posterboy for Bonds, he's one of those blokes, dammit, who looks equally good without clothes on as he does wearing a double-breasted number.





Edward Cummings

RACING ROYALTY

The grandson of 'Cups King' Bart Cummings works in the family trade as foreman at father Anthony's stable. More relevantly for us, he's always very stylishly turned out, whether as ambassador for Sydney's Autumn Racing Carnival earlier this year or for the various racing-related functions he has to attend. He's even featured in a campaign as an ambassador for Sydney suitmaker MJ Bale.

Joseph Gordon-Levitt

ACTOR

The former child actor, whose roles go back as far as *Family Ties* in the late 1980s, has grown up into a very sharp dresser who does a nice line in smart casual – waistcoats with jeans and button-down collars with ties underneath Argyle sweaters, etc. Next up, one meaty role as famed American snitch Edward Snowden. We'll be watching the red carpet with interest, Joe.





Miles Wharton

BLOGGER

As @mensfashionblogger on Instagram Mr Wharton has a considerable following of interested souls checking out his carefully constructed daily looks, in particular a clear love for double-breasted suits and jackets. As founder of The Bespoke Corner, Wharton also brings his chops as a menswear stylist and tailor to a made-to-measure service for "refined men".

Ben Sherman jacket, $349.95, waistcoat, $129.95, pants, $150, shirt, $89.95, tie, $69.95, and pocket square, $29.95. **Bell & Ross** BRV126 Sport Heritage watch, $6,000. .

Photo DUNCAN KILLICK *Styling* KIM PAYNE *Grooming* CARL REEVES



Paddy Mitchell

MODEL

Discovered on his way to rugby training, the UK model with the razor-sharp jawline and fantastic hair has made quite the noise in the male modelling caper, working campaigns for many major brands as well as editorials in most of the important fashion mags.

Check out more of Paddy's work, almost outshining a Porsche, beginning on page 156 of this issue.

Ben Sherman shirt, $99.95, tie, $69.95, and jeans, $119.95. **Bell & Ross** BR0392 Heritage Ceramic, $5,850.

Photo DUNCAN KILLICK *Styling* KIM PAYNE *Grooming* CARL REEVES

Daniel MacPherson

PRESENTER

Ending his long tenure as *Dancing With The Stars* host this year to concentrate once more an his acting career, the supremely fit MacPherson impressed on the small screen with a consistently dapper array of looks, a trend he carries into his public appearances such as at The Birdcage last Derby Day (below). Add it to the beaming grin and it's a killer combo. Good work, sir.



NEWSPIX



MEN *of* STYLE

David Beckham

EX-FOOTBALLER

There's not a style list invented that doesn't include "Becks". That's because with the profile provided by his footballing talent, and the looks of a model, Beckham is considered by many the archetypal modern male. Arrangements with the likes of H&M and Armani, a new scent, Beyond, in his hugely successful fragrance portfolio, and a full philanthropic schedule mean life post-football is busier than ever for Becks.





Krit Schmidt

MTV VJ

The Kiwi, a former University of Auckland lecturer in Pacific Studies, was 'discovered' by the music channel last year and transplanted to Sydney for a drastic career change. With his voluminous 'do and a good grasp of directional street fashion, he's not been hard to notice ever since.

He's not without some pedigree in entertainment – his cousin is Dwayne "The Rock" Johnson.

Tom Hardy

ACTOR

Endlessly versatile with his roles and his looks on screen, powerhouse thespian Hardy is equally hard to pin down off it.

One minute there's a beard, then muttonchops, then a shaved head, then long hair. It's all for the craft, of course, and in the meantime he's dressed for red carpet premieres and parties by the likes of Prada and Tom Ford. How can he go wrong?



Luke Ricketson

EXECUTIVE

The former Sydney Roosters tackle machine has transformed into a very sleekly dressed insurance broker executive and event regular with his wife, Kate Waterhouse. We won't assume she has had anything to do with his always on point looks, but as someone with impeccable taste herself, there's every chance. Bravo, Ricko.





Jai Stevens

MODEL/BLOGGER

A current posterboy for the Spring/Summer 2015 campaign for the Marcs label, Jai Stevens is a Sydney-based model, actor and motorbike enthusiast. His popular blog The Modern Alchemy reflects his Sydney lifestyle and his interests in men's fashion, motorbikes, surfboards, travel escapes and, um, partially dressed women.



MEN *of* STYLE

Braith Anasta

PRESENTER

Another now ex-footballer who has slipped seamlessly into the media world, former league star Anasta has impressed in the style stakes as an opening night regular. A weekly presence on Fox Sports' league coverage, his marriage to Jodi Gordon has made them one of the most handsome couples on the Sydney social scene.



NEWSPIX



Douglas Booth

ACTOR

The ridiculously good looking English actor, recognisable most recently from *Noah*, *The Riot Club* and *Jupiter Ascending* but with a huge slate of films coming up, rarely puts a foot wrong when it comes to fashion.

Associations with Burberry and other top English brands ensure he's always immaculately kitted out, whether he's doing opening-night posh or dressed-down press day.

"Emma Watson said I was a 90-year-old trapped in a young body," he told *The Guardian* this year. We're not sure why... perhaps because he really wants to be a jazz musician.



David Lauren

FASHION EXECUTIVE

As the youngest son of one of the world's most famous fashion designers, and a senior executive with Ralph Lauren Corporation, you would expect David Lauren to have a highly developed sense of style. And he does, parading the full gamut of looks from the Ralph Lauren catalogue, particularly in formalwear and suiting (the man goes to *a lot* of events). He even does rugged weekend Polo man to a tee, too.

Important point: he's a man who dresses for his age. Not lairy, but with confidence.

Porter Dowd

TAILOR

A senior member of the team at P Johnson Tailors – recently announced as the meanswear winner of the 2015/16 International Woolmark Prize Australian regional final – Dowd grew up in regional South Australia but "escaped the board short and hoody culture alive and well back home".

"Most of my suits are unstructured merino wools that can be broken up and paired with tough cotton trousers for a more relaxed look. Despite my love of clothing, I do not like spending much time getting dressed in the morning. I'm of the view that the perfect wardrobe should allow you to get dressed in the dark and still look put together."





Colin Firth

ACTOR

The seriously talented, always-in-work Englishman does understated elegance as well as anyone, whether he's in the penguin suit arriving at a premiere or charity do, or getting about living his life rugged up against the London cold in textured scarf and overcoat. Important point: the 54-year-old dresses for his age, which is to say, not too lairy but with confidence in his choices, founded in strong basics and a muted palette. Don't we all wish we had that knowledge.



Crown Prince Frederik

DANISH ROYAL

The man who made a young woman from Tasmania very famous is an always dapper figure in the unremitting glare of the public spotlight.

The father-of-four, with his slim, off-the-rack suitable frame, has a killer range of suits and the complexion to wear everything from electric blue to tan and grey. He's also been known to get funky with pop colour chinos in fluoro red or orange.

With the ever-stylish Mary on his arm it's no wonder the pair are a phenomenon of European royalty, such as is it these days.



MEN *of* STYLE

Lewis Hamilton

F1 DRIVER

At times it can seem the prodigiously talented Hamilton is as interested in fashion, music and tattoos as driving a car at very high speed. Interviewed in the last issue of *Men's Style*, he rattled off his favourite clothing designers while hardly taking a breath and is a frontrow regular at some of Europe's most high-profile catwalk shows.





James Tobin

PRESENTER

The boyish *Weekend Sunrise* presenter is an effervescent television presence with good hair, an indefatigable grin and a clean, preppy dress sense.

A social scene regular, Tobin manages to mix up his look while looking good in anything from powder blue suit to fitted t-shirt and chinos. Probably why he looks so happy all the time.

Jon Hamm

ACTOR

As Don Draper in *Mad Men* Hamm's way with a suit, a smoke and a snifter of Jameson, all before lunchtime, almost singlehandedly repopularised 1950s cocktail culture.

Back in the real world, as working actor Jon Hamm, the 44-year-old is a regular in US men's magazines because of his sartorial versatility – Hamm looks equally good dressed up or down. Put him in a suit and he looks slick, put him on a motorbike wearing bomber jacket and denims and he still looks slick.



Drake

RAPPER

The Canadian rapper with the razor sharp fringe is developing a nice personal style. Given his genre, luxe streetwear is an occupational necessity but the man rocks a tux and a variety of blazers and suits very well, too. With over five millions albums sold internationally, we see "Headlines" about him for a number of years yet.





Bart Celestino

ARTIST

The stylish Sydney-based artist is known for both his fine art photography and films, but equally for his creative role as co-founder/editor of LOVE/WANT magazine, which started in 2005.

Celestino's approach is highly personal and rich with understatement. "Natural light is a powerful driver in my imagery, be it the slow hardness of drifting moonlight or the stark black light of a winter's day drifting across a scene. I'm always looking for it with new eyes."

Ben Sherman tuxedo jacket, $399.95, pant, $200, and tee, $39.95. Watch, his own.

Photo DUNCAN KILLICK *Styling* KIM PAYNE *Grooming* CARL REEVES




BEN SHERMAN
the original
– button up –
SINCE 1963
#buttonup

FASHION

PHOTOGRAPHY
STEFANIA PAPARELLI

STYLING
KIM PAYNE

GROOMING
MOLLY OAKFIELD

IT'S ALL IN THE FIT



From light to dark, textured to patterned, Spring suiting is about keeping your options open.



Polo Ralph Lauren suit, $1,899; **Paul Smith** polo tee, $247; **Coach** bag, $920; **Breitling** Chronomat 44 Auto chronograph (stainless steel case on steel Pilot bracelet), $11,980.



Cambridge Clothing jacket, $399, and pant, $149; **Gibson** shirt, $99; **Joe Black** tie, $99.



Burberry Prorsum
jacket, $2,195, shirt, $550,
and tie, $255.



Sportscraft jacket, $349, shirt, $109, and pants, $149; **Burberry** tie, $255; **Paul Smith** pocket square, $92; **Bell & Ross** BRV126 Sport Heritage, $6,000; **Paul Smith** satchel, $655.



Gucci jacket, $3,490, pant, $1,870, and loafers, $1,065.

G-Star jacket, $300, denim shirt, $150, and pants, $200; **Breitling** Navitimer 01 46mm auto chronograph (stainless steel case on barenia leather strap), $10,680; **Paul Smith** pocket square, $92.

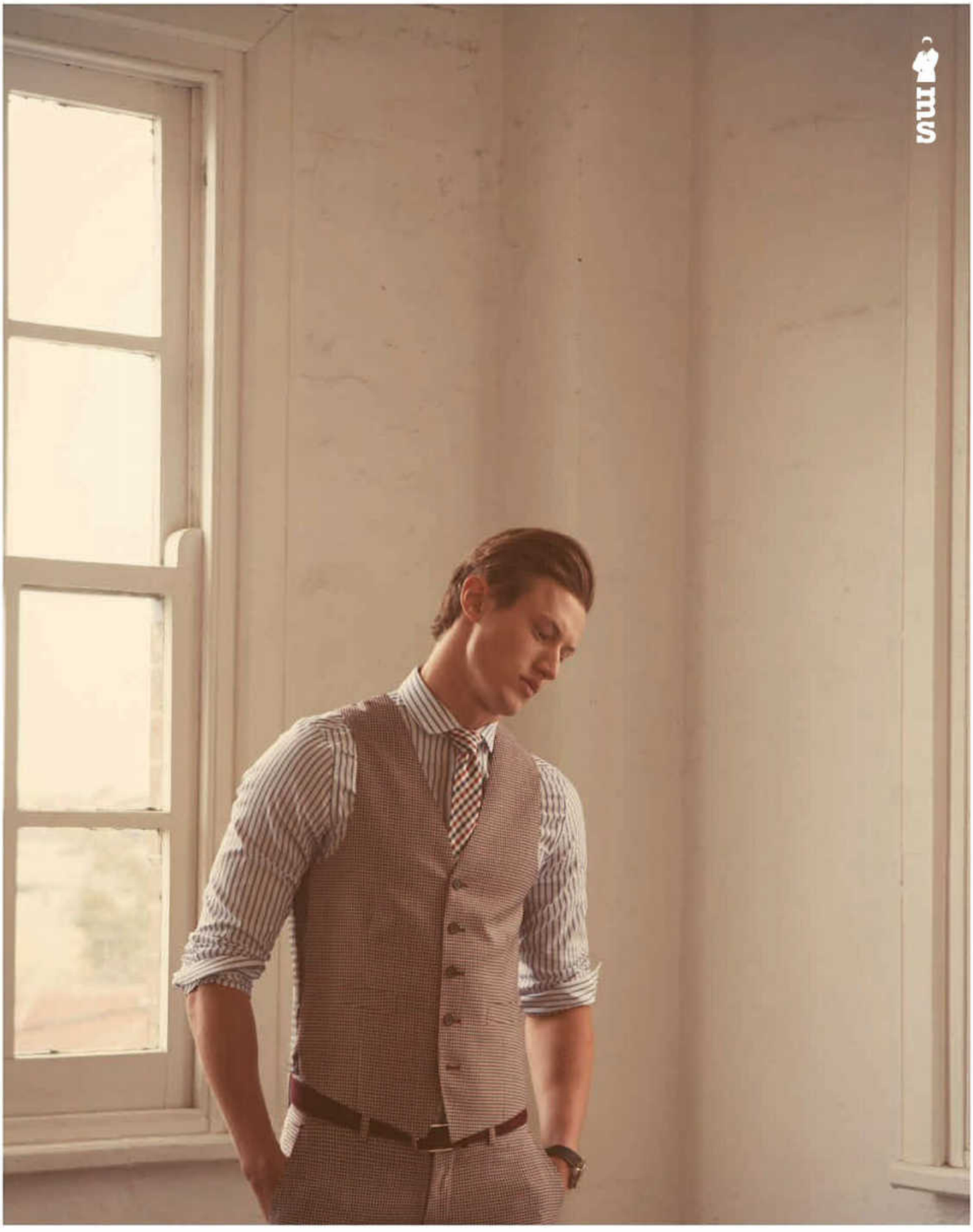




Paul Smith suit, $1,320, shirt, $247, tie, $145, pocket square, $92, and belt, $160.



Giorgio Armani trench, $2,755; **Emporio Armani** jacket, $1,365, shirt, $335, pant, $655, and shoes, $915.



Ben Sherman waistcoat, $129.95, shirt, $99.95, tie, $69.95, and pants, $200; **Ralph Lauren** Purple Label belt, $399; **Bell & Ross** BRV126 Sport Heritage, $6,000.

Giorgio Armani knit jacket, $4,180, shirt, $490, tie, $305, and pant, $805.





Herringbone suit, $1,295, shirt, $169, tie, $119, and pocket square, $49; **Emporio Armani** shoes, $915.



INVESTING FOR PLEASURE

Playing the share market may be a better bet, but *Michael Adams* looks at seven stylish investment categories that pay a dividend of immediate indulgence – and if you're canny, the possibility of serious longer-term profits.

SPORTING CHANCE

Back in 2008, Don Bradman's 1948 Invincibles baggy green cap sold for $402,500. But if it was to come up again, Max Williamson, head of sporting memorabilia at Melbourne auction house Mossgreen, reckons it might not sell for quite as much. "There's been a bit of a slump due to the economy here and in the UK, which are the only two real markets for cricket memorabilia," he says.

Such fluctuations mean that Williamson cautions against collecting sports memorabilia solely as an investment. "If you're looking strictly to make money, I'd say call your stockbroker. Collecting sporting memorabilia is about enjoyment – and maybe some sort of return down the track."

Many collectors, he says, begin with a passion "for everything" only to quickly narrow down their interests because they haven't got space to showcase all their treasures. "Footy cards are popular because dads collected them as kids and they get back into it with their own children," he says. "They're also great because you can put them in an album and display them easily. That's a problem when you start collecting things like blazers or jumpers – where do you store them?"

Collectors gradually become investors, Williamson says, through researching, searching and buying. "You get to know what things are worth and then snap them up if you see them going cheap," he says. "At an auction you might be buying a historic jersey from your team from another collector who only wants to see some money back or from a deceased estate where they just want to get whatever they can. There's also a real thrill at garage sales because you never know what's going to turn up. You might come across footy cards for a couple of bucks that you know are rare and worth $100."

Other in-demand items, he says, include membership tickets, club annual reports and even vintage player bobbleheads. Williamson says signed footballs are worthless as investments ("they deflate and go from red to brown over a few decades") and you won't see a return on most limited-edition memorabilia advertised on TV ("there's just so much of that stuff"). All-wooden golf clubs dating to the early 1800s, says Williamson, command a fortune.

At that higher end, the higher-profile the sporting legend or event and/or the scarcer the item, the more it'll be worth. Get your hands on clobber or equipment worn or used by Bradman, Gasnier, Cazaly, Newcombe, Rose or Freeman and you're likely onto a winner. Same goes for memorabilia relating to the 1956 and 2000 Olympics, Ashes series and rare grand final victories for beloved but beleaguered footy teams.

Mossgreen's February 2015 sale of Sam Loxton's 1948 Invincibles Baggy Green indicates there's still money in the market. "This bloke working the mines bought it a few years ago for $20,000 and he sold it for $39,040," says Williamson. While that figure includes Mossgreen's buyer's premium (the auction house cut is usually 15 to 25 per cent) it was a payday for an owner only expecting to get his money back. Mossgreen's other recent sales – Don Bradman's first Test bat, dating from 1928 and signed by the Australia and British teams ($73,200), an 1880s Carlton captain Tommy Leyden football card ($4,880), and a 1979 Carlton Premiership medal ($24,400) – also point to collectors spending big for rarer memorabilia.

Readers with deepish pockets could get into the market at Mossgreen's forthcoming auction for the recently departed Richie Benaud's last baggy green as captain, which is expected to fetch $40-50,000. Want a piece of the Don? A match-used bat from the 1930 Ashes series signed by both the English and Australian cricket teams could be a steal at $20-25,000.

Of course, there's no guarantee these items will increase in value but, like land, the good Lord isn't making any more Bradmans or Benauds.
www.mossgreen.com.au







An 1880s football card of Carlton captain Tom Leyden (right), a pin from the 1956 Melbourne Olympics (below), and one of Don Bradman's bats (far right) are all highly valuable pieces of sports memorabilia.



RETRO FUTURES

Spot a vinyl-caped Jawa Star Wars action figure in its original packaging at your local garage sale selling for a few bucks? Snap that sucker up! You've just acquired a toy valued at up to A$24,000. But while that – and a Wayback Machine visit to Uncle Pete's Toys circa 1978 – is the dream, in reality there's been a recent downturn in the retro collectibles market.

"Pop culture and retro items have had a drop in popularity over the last couple of years," says Vanessa Crew, owner of The Collector auction house in Melbourne. "Retro industrial and utilitarian items have also dropped after a spike in popularity coming from TV and designer shows."

But, Crew says, the market has peaks and troughs, and smart blokes can still make a buck from carefully decked-out man caves. Successful investors are those who research the period they're passionate about by reading blogs, going to auctions, and visiting markets and specialty stores.

To help her customers, Crew produces an online price guide that's available for a $20 annual subscription.

Asked to envisage the "Holy Grail" man cave where items are likely to gain in value due to ongoing demand, Crew describes a dude nirvana decorated with Golden Fleece garage-nalia, Sennitt's light-up polar bear, early and Depression-era Australian tin toys, TV-themed pinball machines, early surfboards, 1980s skateboards with cool graphics and a record collection featuring Australian rock/punk vinyl from the likes of The Saints, Radio Birdman and The Meanies. How much are these treasures worth to the buyer and seller? The records and toys might be had for two-to-three figures and the pinnies begin in the low-to-mid thousands. As for the top-end items? At the time of writing a restored clock-face Golden Fleece Bowser was $5,200 on eBay, while a Sennitts bear sold for $8,400 at auction in 2014.

www.thecollector.com.au

TOP DROPS

"Always buy the wines you love to enjoy and you will never lose," says Tamara Grischy, head of auctions at Langton's, Australia's premier wine brokers. Sounds great – but there's a big caveat. "The best way to look at wine investment is to see the dividend in term of future drinking pleasure. Investment in wine for financial gain should be approached with great caution."

Sorry, gents, but that means your favourite vino from Dan Murphy's isn't likely to make you into Daddy Warbucks. While Australia experienced a boom in wine investment between 1995 and 2000, the bust that followed has prevented the industry from reclaiming those heady heights.

"It's not that you can't make money," she says, "but you need either to be trading actively in particular vintages of sought-after wines or buying 'blue-chip' wines, such as Bordeaux 'first growths', and holding them for the long term, in which case a modest yield is probable."

As for Australian wines, the best of the best, Penfolds Grange and Henscke Hill Of Grace, retain their value and have been the backbone of what is now a "steady" secondary market of auction sales.

The upside is that Australian wines are getting ever better. Each year Langton's publishes its *Classification of Australian Wine*, which has grown from fewer than 50 wines in 1990's inaugural ranking to last year's 139 vintages spread over the categories "Exceptional", "Outstanding" and "Excellent."

Grischy's advice to gents wanting to invest for moneymaking purposes? "There are some exceptions but generally speaking investors stick to red wines with proven capacity to develop and improve with age," she says. Beyond that, she advises reading widely and analysing past auction market performance. Entry level is usually at least $100 and reaches the upper levels with the $1,000 you might pay for a Bordeaux and Burgundy. "Go for ultra-high quality with a strong history of secondary-market sales and a distinctive narrative, such as the famous Grange story in which Max Schubert made the company's reputation by making three vintages in secret in the late 1950s."

While investment wine can gain in value, it's not as simple as sticking it in a cupboard and crossing your fingers for a few decades. You need your own cellar – or professional climate-controlled storage. "It's essential for investors to be able to guarantee the provenance – that is, ownership and storage history – of what they are offering for sale," she says. Then wines need to be recorked every 15 years unless you want to risk your Grange turning to vinegar. Even doing all of those things right is no guarantee of a payday.

"Unless you are prepared to hold long term, risk is considerable," says Grischy. "Even professional traders will make their share of bad calls. While risk is less if you buy and hold blue-chip wines, history shows returns are modest."

The bottom line? Drink up.

www.langtons.com.au



'The best way to look at wine investment is to see the dividend in term of future drinking pleasure.'

INVESTING BY THE BOOK

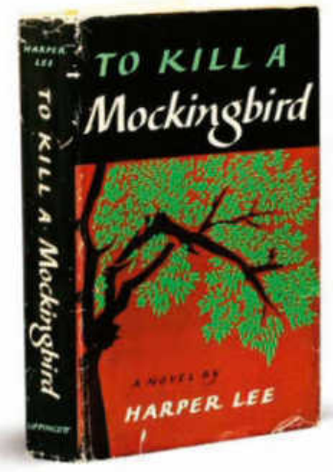
"There are easier ways to make money than antiquarian books if one does not have the passion," says Louella Kerr, Sydney rare and fine book dealer. A suitably enthusiastic newbie's first investment tome, she says, should actually be *Carter's ABC of Book Collecting*, which outlines the basics. The next stop should be heading to one of the antiquarian book fairs held around Australia. "It's a place to enjoy rare books en masse, without any pressure to buy, and to meet and talk with the dealers."

Newcomers to the book market need to understand that an old book isn't necessarily a rare book – and vice-versa. "Generally speaking, the smaller the print run, the more opportunity for a book to become 'rare'," says Kerr. Desirability and scarcity is key. As a recent example, Harper Lee's *Go Set A Watchman*'s first-edition print run of two million copies means it's unlikely to be of value to investors. But a first-edition of *To Kill A Mockingbird*, with a 1960 print run of just 5,000 copies, now fetches up to $A45,000. Also crucial are the condition and completeness of a book – your *Mockingbird* will only get you top dollar if it's a "true" first edition, with the right dustcover and in good nick. "Condition is a big factor – the finer the condition, the more likely the book will increase in value," advises Kerr.

While Harper Lee's signature on either book would see its value skyrocket, an author's inscription doesn't necessarily equate with increased value.

"It's supply and demand," says Kerr. "Modern fiction is often signed because of all the store signings and book festivals." So, don't expect your 2014 copy of *The Great Zoo Of China* paperback to be worth a fortune simply because Matthew Reilly scribbled in it for you at Dymocks. But expect a windfall if you own a signed first-edition of his 1996 debut *Contest*, which he self-published in a 1,000-copy print run when no publisher would touch him.

"A signed Dickens would add a considerable value to the book," Kerr muses. She's not joking – while first editions of the 19th century author's tomes can command prices into the tens of thousands of dollars, a copy of *A Christmas Carol* inscribed to author George Eliot was put on sale for $A577,000 last year in the UK. But that's, er, birdfeed compared with John James Audubon's *Birds Of America*. In 2010 one of the 120 copies printed in 1840 sold for $A15.5m at auction – the most ever paid for a printed work.



Harper Lee's *Go Set A Watchman*'s is unlikely to be of value to investors but a first-edition of *To Kill A Mockingbird*... now fetches up to A$45,000.

While you're unlikely to find an Audobon in the local op shop, it's at the top end of a genre that's a better investment than most tomes. "Beautifully illustrated natural history books hold their value," says Kerr, "as quirky books on subjects that were not fashionable at the time."

A favourite *Men's Style* example in the latter category is the pulp novel *Twisted Clay*, published in 1933 by Aussie journo Frank Walford, which is about a teen lesbian serial killer rampaging from Sydney to London. Banned for 30 years, original copies today fetch up to $2,000. (If you want to read the breathless story without breaking the bank, it was recently reprinted in paperback.)

Art books also often increase their value thanks to smaller print runs and limited editions. "I have a Margaret Preston *Recent Paintings 1929*, which I am offering on behalf of a customer [for $6,950], three times what she bought it from me in 1998," says Kerr. "Early children's books are also sought after, particularly those of Ida Rentoul Outhwaite. At the moment, Australian books pre-1940 are very collected, particularly if they have dustwrappers because they're often thrown away."

www.louellakerrbooks.com.au







FURNISH YOUR FUTURE

"Having looked at modern sofas and settees, I just can't believe how expensive they are," says Dawn Davis, owner of Eaglemont Antiques in Melbourne and President of the Australian Antique And Art Dealers Association. "Go into one of the big furniture chains and buy a dining table for $10,000 and you'll most likely get $1,000 at a second-hand auction in 10 years time. If you do your homework and buy an antique, you should at the very least get your money back."

Investing in antiques isn't a fast-track to riches. But they offer the immediate return of enjoying a unique or rare item with a history.

"Occasionally you may get the one piece that makes squillions but as far as investment is concerned it's a slow-burn," Davis says. "If you buy a Georgian sideboard or a French chair now for $2,000, you'll most likely make $3,000 when you sell it. They're not high returns. The best reason for investing in antiques is that you enjoy them while you have them."

While she says the general market is "steady", prices fluctuate across styles and periods according to present-day trends in demand that are dictated by design and the economy. A good example is "brown furniture" – that is heavy Victorian pieces – which used to be sought after but is now out of vogue. "They're too big for modern interiors," says Kerr. "Right now people are after the more pared back styles, particularly 18th Century Georgian furniture, which fits into contemporary homes. Similarly, the rise of the Asian economies has made Asian antiques highly sought after, particularly Chinese altar tables and beautiful blue-and-white porcelain."

The real stayer in the local market, Kerr says, is early colonial Australian furniture. "High-end late 18th and early 19th Century is very valuable. It's a beautiful market and a good collecting market for investment simply because we're a young country and there's not a lot of it."

www.eaglemontantiques.com.au

WATCH THIS

Tech geeks might go gaga over the iWatch but discerning gents prefer a beautifully designed timepiece that is also a precision instrument. A Rolex will still do its job with class a century from now – something unlikely to be true of Apple's new doodad a decade from now.

With that in mind, what you wear on wrist can also be a nest egg – if you know what to look for. "A high-quality watch offers the discerning gent a sense of individuality in an homogenous world," says Graeme Goldman, founder of Lion Brands, which distributes many heritage Swiss watch brands in Australia. "Obviously watch brands do not make old and vintage watches anymore, so the demand will forever be greater than the supply for desired classic pieces," he says.

But classic watch brands and models vary widely in their investment potential. "For instance, not every Rolex is highly sought after," Goldman says. "But the Rolex Daytona, especially vintage pieces, most definitely are. Then, within the vintage Daytona range there's a small segment with a more sporty dial, known as the Paul Newman Daytona. Though the only difference is the dial, they often command twice or more than the same regular vintage Daytona." How much are we talking? They range from the high five-figures right through to the 2013 Christie's auction when one achieved a record sale price of A$1.47m.

The next step up, says Goldman, are classic-brand timepieces with historical or cultural significance. "The Breguet gold pocket watch worn by Winston Churchill in WWII, the Omega owned by JFK or Pateks owned by Eric Clapton, will always command a premium."

While such watches are likely to be out of the price range of anyone whose surname isn't Packer, reasonably well-heeled gents can crack the vintage market for mid-four to low-five figures... if you know what makes a watch valuable. "Keep a track of the auction markets to see which timepieces are selling," advises Goldman. And when you find a watch, make sure it, er, ticks all the right boxes. "You want authenticity, provenance and correctness within the watch, with the original non-refurbished dial," he says. "The most valuable have their original box and papers and sometimes even the original invoice from the retailer."

Those aren't concerns in the new market, provided you buy from a reputable dealer. "Patek Philippe, Audemars Piguet and Rolex have models within their present-day collections that will likely appreciate in time," says Goldman. "Then there are newer brands like Bell & Ross (below, right) whose limited edition models already sell on the secondary market for greater than their original list price. I'd also look at brands who produce in-house movements at accessible prices, like Alpina and Frederique Constant."

www.lionbrandsaustralia.com.au

'Demand will forever be greater than the supply for desired classic pieces.'



DABBLING IN THE DAUBERS

Don't know much about art but know what you like? You're half-way to becoming an art investor because the best strategy is to buy what you like.

"See what interests you," says Raj Nanda of Sydney's Nanda Hobbs Contemporary. "Start with going to private and public galleries, going to opening nights, seeing what you enjoy, because, like shares, the art you buy might not increase in value but, unlike shares, at least you've got a physical asset that you'll get a lot of enjoyment from over many years."

What potential investors need to know is that there are two distinct art markets. The primary art market is new work sold at galleries, by dealers and directly by artists. The secondary market comprises works resold by galleries, dealers and at auction, with results tracked and compared on an artwork-by artwork, artist-by-artist and year-by-year basis. Across these markets, there are three classes of artist. "Emerging" covers everything from those holding their first exhibitions to hot new things selling out shows. "Mid-career" refers to artists with strong CVs often featuring prizes and sales records on the secondary market. "Blue Chip" covers artists you might've studied at school whose already-expensive work is still usually a rock-solid investment.

"If you're tracking an artist, look at where they're exhibiting, have they been entered into prizes, have they been finalists or winners," says Nanda. "Keep an eye on the market, how auctions are going." Subscription website Australia Art Sales Digest (www.aasd.com.au) is an invaluable tool for watching the local secondary market, while Art Price does the same job for global sales (www.artprice.com).

"My basic advice is have a budget and buy the best quality you can afford," Nanda says. "Buy something you like because the chances are someone else will like it in terms of reselling it."

Emerging artists, he explains, are like start-up companies on the stock exchange: you might acquire the work cheaply but there's no guarantee it will increase in value. "But they can still be great works and provide a lot of enjoyment." Mid-career artists are a safer bet but you'll spend more.

Nanda favourite mid-career artists now include James Drinkwater, Giles Alexander, Chen Ping, Adam Chang and Morton Lesson. These artists are winning prizes, being exhibited in prestigious galleries worldwide and selling new work as fast as they can produce it. Pressed for figures, Ananda says their new pieces sell between $12,000 to $20,000. "That's not insignificant," he admits, "but the prices of these guys would've gone up 15-20 per cent, maybe more, in the past few years."

Even blue-chip artists can be within the reach of newbie collectors. "John Olsen's a good one because he's got works on paper and you can pick up collagraphs and etchings for $5,000 to $7,000." An Olsen watercolour, meanwhile, will set you back $70K while one of his better-known works will fetch $1m or more. But, with the artist now in his mid-80s, his work will only appreciate further after his death, putting him alongside Sidney Nolan, William Dobell, Arthur Boyd, Brett Whiteley and the rest of the Australian pantheon.

This effect can be very much observed in the soaring demand for Jeffrey Smart's work in the wake of his 2013 death. This time last year, his *The Red Warehouse, 2003* doubled Sotheby's $400,000 top estimate by selling for $878,400, while his *Self Portrait at Papini's, 1984-85*, fetched $1.26m. **www.nandahobbs.com (website to go live in August)**





Keeping track of artists who regularly appear in competitions such as the Archibald Prize (left) is required if you're looking to make money out of art.



THE FIND

Michael Adams did more than research this story – he also forked out.

My *Antiques Roadshow* moment came about a year ago at a Blue Mountains garage sale when, applying the "I don't know much about art but I know what I like" principle, I picked up a small oil painting I liked for $50 – only to discover it was a 1981 original by Archibald-prize winner Garry Shead (above). That afternoon I scoured news stories about his top sales – we're talking more than half-a-mill, folks – and planned my retirement flitting about in a gold helicopter. I contacted several galleries who deal in his work and an Adelaide dealer kindly made enquiries with Shead. The artist cheerfully came back to confirm it was his painting of the beautiful gallery assistant who, for a very short time, became his wife. Consulting *Australian Art Sales Digest* brought me back to Earth – Shead works from this period typically sell in the mid-to-low four figures. A Sydney auction house said they'd offer the picture for sale, with bids expected to start around $2,800. For now, Shead's unnamed painting sits atop a shelf – an object of beauty, a great conversation piece and, maybe one day, an artwork to go to auction. MS

RIGHT TO ROLL

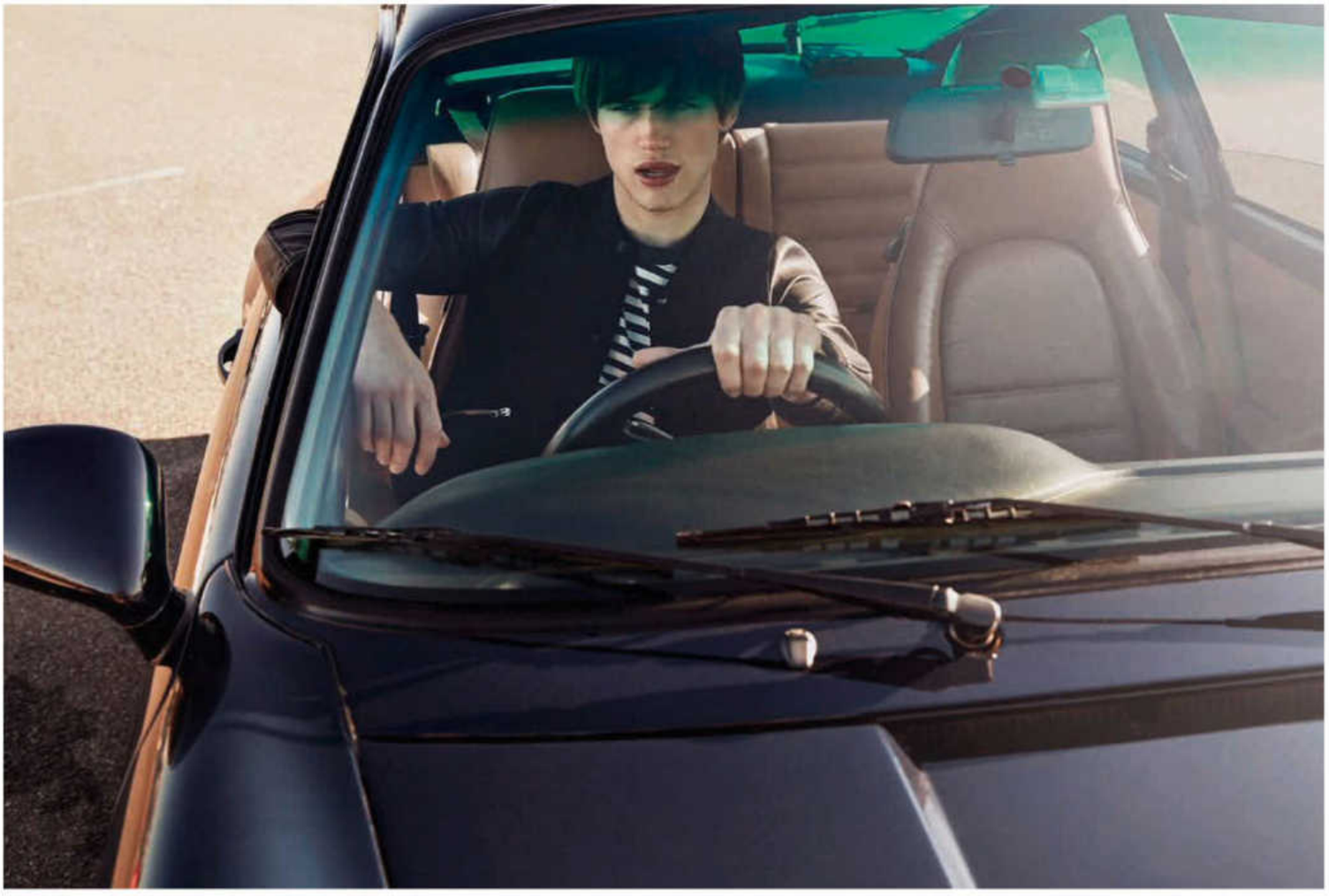
Head out on the highway in these slick and versatile looks for Spring.

PHOTOGRAPHY
DUNCAN KILLICK

STYLING
KIM PAYNE

GROOMING
PETER BEARD





THIS PAGE, ABOVE:
Paul Smith suede jacket, $1,165, and tee, $95.

BELOW:
Prada jacket, $2,580, and shirt, $630; **G-Star** sunglasses, $199.95.

OPPOSITE PAGE:
Cocurata jacket, $649.95, and pant, $399.95;
Bassike shirt, $260;
Gucci beret, $295;
Paul Smith sneakers, $575.







THIS PAGE:
Lacoste shirt, $239, and pants, $299; **Ben Sherman** belt, $39.95; **Gucci** beret, $295; **G-Star** sunglasses, $199.95.

OPPOSITE:
Polo Ralph Lauren leather jacket, $1,699, and **Polo** tee, $129; **Local** sunglasses, $79.95.



THIS PAGE:
Ben Sherman knit, $99.95;
DITA 'Talon' sunglasses, $475.

OPPOSITE:
Paul Smith V-neck sweater, $200, shirt, $235, tie, $155, pant, $575, belt, $225, and shoes, $500.







THIS PAGE:
Lacoste coat, $699;
UNIQLO shirt, $39.90;
Bassike 'Universal' pants,
$295; **Thom Browne**
sunglasses, $625.

OPPOSITE:
Cocurata tee, $229.95,
and shorts, $269.95;
Paul Smith scarf, $370.





THIS PAGE:
Gucci jacket, $1,870,
sweater, $730, pants, $765,
belt, $560, and beret, $295.

OPPOSITE:
Prada sweater, $940,
and pants, $940.



Running Man

In 2013, after running for two years, Australian Tom Denniss had become the fastest person to ever circumnavigate the world on foot, clocking up 26,232 kilometres over 622 days while surviving ice cliffs, extreme heat, extreme cold, dogs, snakes, trucks, cars and border police. In breaking the existing world record by 40 days, he also raised thousands of dollars for Oxfam. What follows is a small slice – his run across Australia – of the mental and physical challenges Denniss faced during his incredible journey, taken from his new book about his achievement, *The World At My Feet.* >>



Running the "mind-boggingly long and straight" roads of the western Nullarbor during the Australian leg of his run.



Denniss' 26,232km run took him across North and South America, Europe from the Atlantic to the Bosphorus, and Australia from Fremantle to Sydney. He raised tens of thousands of dollars for Oxfam in the process.

Early one morning on the western end of the Nullarbor,

I stopped by the side of the road to answer the call of nature. I suddenly jumped backwards as fast as I could. Via my peripheral vision I thought I'd seen a snake in the grass. As it turned out, the object was simply a curved stick but my instinctive survival mechanism had kicked in with an unconscious 'just in case' reaction.

Running around the world affords a lot of time to reflect on all manner of topics, delving into each in far more detail than is possible during one's normal busy existence. The experience with the snake/stick was something I pondered quite deeply as I whiled away the time on the roads of remote Western Australia in the days thereafter, coming to a greater realisation of how, as people, we think and arrive at our conclusions.

We humans are very adept at imagining we see things that aren't really there, as this 'ability' has served us well during our evolution. It's better for a person's chances of survival to imagine a false threat than to ignore a true one.

My brain had received information based on a partial image – an image that loosely resembled a snake –and had conjured a life-and-death situation out of it. Despite having incorrectly processed the limited information available to me, my instinctive thought processes had nevertheless ordered my body to react instantaneously by 'getting the hell out of there'.

This was a classic 'better safe than sorry' reaction; an impulse that has evolved in humans and other animals as a way to survive in a world in which one false move can lead to demise. Early humanoids that erred in this way 99 times out of a 100, and reacted appropriately the one time it really was a snake, lived to have heirs, while those who erred the other way, failing to recognise the potential danger in time, ended up dying of snake bite and possibly leaving no heirs.

While this survival trait has proved to be a positive evolutionary factor, it is not without its negatives. Seeing patterns and shapes that aren't really there, such as the coils of a snake, has little downside if we get it wrong, but a large beneficial upside if we get it right.

The problem is that humans also have the ability to conjure in their minds a myriad of patterns that don't really exist and then build belief systems around that imagined concept.

Running around the world had given me ample time to think about many topics and one of those pertained to why people believe what they do. Humans believe in all sorts of things that have no basis in evidence or fact. Conspiracy theorists are an example of this trait gone haywire.

So many things people blindly accept as true are simply wrong, based on nothing more than a flawed imagination. As the old saying goes, 'Everyone has the right to an opinion, but that doesn't mean every opinion is right.'

But most false beliefs are harmless – getting it wrong is usually not a big issue. In the majority of cases, such as with my reaction to the perceived snake, believing something that isn't true won't get you into trouble. But sometimes it will.

The snake example is a simple case – to determine whether it was real or imagined, I only had to look again from a safe distance. But not every imagined 'reality' is so easily discerned or corrected. Luckily, a method has been devised to sort through the evidence and sift out the real from the imagined in these more complex cases.

It's called science. Science is not physics or chemistry or biology. These are nothing more than subjects of research that make particularly good use of the scientific method. Science itself is a philosophy whereby one does not accept an ideology per se without facts and evidence to back it up.

Believing something to be true is not good enough. One must gather verifiable evidence and data, check that their belief is consistent with those facts and be willing to change that belief if the evidence is contrary. Although it's not practical to follow this methodology in all aspects of our lives, evidence-based decision-making can still be loosely adhered to by individuals – and should be mandatory when it comes to public policy-making.

Unfortunately, too many of society's leaders – political, religious and others – have no interest in making decisions



a.



b.

‘PEOPLE OFTEN ASK ME WHAT I THINK ABOUT ON REMOTE HIGHWAYS...’



c.



d.

~ a.~
Tom takes on the traffic in Pontian, Malaysia, near the end of the Asian leg of his run.

~ b.~
Tom runs the dirt road to the Cristo Redentor Pass, 3,400m above sea level between Chile and Argentina.

~ c.~
Admiring the snowy fields in the foothills of the Pyrenees, France.

~ d.~
Carrying extra fluids during his run through the desert, Arizona, USA.

based on facts. They prefer to stick with an ideological belief they’ve held for years, sometimes since childhood. The world would be a much more peaceful place if everyone was more questioning of the beliefs they hold, insisting on hard facts and evidence before making any decision that affects themselves and others in a material way.

People often ask me what I used to think about as I ran along remote highways like those of the Nullarbor. The above is a good example. Running around the world allowed me to explore many such issues in my mind.

CARMEL [TOM’S WIFE] CONTINUED TO organise food and drink drops ahead of me along the vast and lonely highway, before continuing on to arrange accommodation for the night and then returning to shuttle me back and forward if required. I would work out which kilometre markers I preferred and Carmel would hide the goodies in the bush at the side of the road. Both the food and the drinks were in sturdy plastic bags, allowing me to easily carry the rubbish with me until I reached a roadside bin in one of the regular rest bays provided for weary drivers and truckies.

One day, however, I ran up to the pre-arranged location, looking forward to lunch, a drink and the chocolate treat with which I liked to end the meal – but the food and drink wasn’t there. In their place were the plastic bags with numerous holes ripped and chewed into them. At first I thought kangaroos were to blame but on closer inspection ... it became obvious the perpetrators were crows. Big black birds were eating my supplies.

Carmel would henceforth need to be more creative when she dropped the food. And creative she was, from then on building elaborate stone cairns, hollowed out to make space for the food and drink. Not only was she a pretty face, she also would have made a great stone-age engineer.

AFTER NORSEMAN THE ROAD BECAME EVEN lonelier, with a noticeable reduction in traffic. It now consisted of just those driving across Australia from Perth to the eastern states or vice versa. Vehicles were sporadic, passing me about once every minute on average; occasionally it was even as long as five or 10 minutes between vehicles.



a.



b.

‘THE LONGEST STRAIGHT STRETCH OF ROAD IN AUSTRALIA

~ a.~
Removing a pebble from one of the 17 pairs of runners Tom wore through during his epic run.

~ b.~
Campfire in the Australian outback after another day running 60km.

~ c.~
Running in Monument Valley, USA, at the precise point Forrest Gump called it quits in the movie.

~ d.~
The end. Tom stops running at the Sydney Opera House after 622 days.

And most would toot their horns and wave because they knew something unusual was afoot, literally. No one runs on the Eyre Highway in the middle of nowhere without a reason and a cause. Many would have guessed correctly that I was running across Australia. Most, however, would not have guessed I’d already run around the rest of the world by that stage.

Two nights staying at the wonderful setting of Fraser Range Station, where we met a couple of girls cycling across Australia, eventually led to me passing the Balladonia Roadhouse on 29 June. I stopped 40 kilometres down the road, with Carmel shuttling me back to the camping ground. I was looking forward to this day – our great friends Michael, Annie, Jeff and Guenolee were arriving with a caravan owned by Jeff and Guen.

This was the changeover point. From here, Annie and Guen would drive the borrowed car back to Perth while Carmel, Jeff and Michael would accompany me across the Nullarbor with Jeff’s car towing his caravan. This was a different support vehicle and accommodation arrangement to anything we’d had so far on the run around the world, and Carmel and I had been looking forward to it.

It was hugs and kisses all around when we all gathered back in the Balladonia camping ground, the six of us celebrating with a ‘home-cooked’ meal in the van and an equally delightful, and compulsory, few bottles of nice red wine. Our four friends had been travelling in the north-west of the state for several weeks and, as we basked around the fire under the crystal clear night sky, we revelled in hearing of their adventures.

I said my goodbyes and thankyous to Annie and Guen over breakfast as they prepared for their 1200-kilometre drive to Perth. Michael then dropped me back to my starting position at the beginning of the second longest straight stretch of road in the world.

How was my head going to handle 146 kilometres of running without a single bend or kink in the road? Nor any sign of civilisation! There was no turning back now. This was adventure running at its best.

A PECULIARITY OF THE EYRE HIGHWAY – the only paved road across the southern half of Australia – is that it doubles in several places as an aeroplane landing strip. The first of these is just to the east of the Balladonia Roadhouse and I was thrilled to find myself running on a runway, no pun intended, complete with all the markings on the tarmac of any airport.

This hybrid road–runway was wide and about a kilometre long; just enough for light planes to land for emergency purposes, usually as part of the Royal Flying Doctor Service. Although I passed many of these landing strips across the Nullarbor, I never once saw a plane land or take off. It’s clearly a fairly rare occurrence.

The longest straight stretch of road in Australia – and the second longest in the world – was actually a joy to cover on foot. I thought I’d get bored but the subtle undulations meant it was rare for the panoramic view in front of me to extend more than about 10 kilometres at a time. The top of the gentle rise in the distance provided me with a focus for the next hour or more. Though I would eventually reach the crest to find that a similar vista lay straight out in front of me.

I was passed at one stage by a former Dutchman who was cycling around Australia. He stopped to talk to me, with Jeff joining us soon after on the bike he’d brought along (Carmel and Michael were ahead in the car). We spoke for half an hour, me on foot while the other two slowly pedalled alongside.

My support crew and I spent two nights along this straight expanse, camping in the bush at the side of the road. In the evenings the four of us sat nestled around the campfire with a red wine in hand while gazing at the unrivalled view of the Milky Way. There can be few places on Earth that afford such clear views of the heavens as the Nullarbor.

Eventually reaching the end of the mind-boggling 146-kilometre straight stretch at Caiguna, we each had our first showers in three days. It’s not easy going without a shower after a full day of running. The best I could do on those shower-less occasions was to sponge myself down but it wasn’t quite the same as the feeling of freshness one derives from a real shower. I was very pleased it was winter. Summer would have been a much smellier affair.

I was running down the road on my own the next day when I spied a convoy of pink vehicles ahead, slowly making their way in my direction. As I neared this most unusual sight for the



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WAS ACTUALLY A JOY TO COVER ON FOOT...'

Nullarbor, the cars and vans came to a stop and I noticed a video camera was aimed my way. Then from behind one of the vehicles emerged a cyclist.

It was AFL star Shane Crawford, who was riding from Melbourne to Perth in aid of breast cancer, hence the pink. He had been taking shelter from the fierce headwind, the same wind that had been making my day much easier than usual. His crew had been informed I was not far up the road and they were ready to go with the cameras. The contingent was large – 12 people and four vehicles – and they all milled around while Shane conducted an impromptu interview with me on the road.

We spoke for about 10 minutes before I was on my way again. The fact that I was on my own, running more than 26,000 kilometres around the world, while Shane was cycling 3,600 kilometres with a full contingent of professionals in tow, was not lost on the unassuming celebrity. He was almost apologetic as he mentioned this point. The interview appeared nationally the next evening on the *AFL Footy Show.*

That same afternoon I ambled in to the Cocklebiddy Roadhouse, later partaking of a fantastic meal in the restaurant. My lamb shanks with mash and roasted vegetables were as delicious as I'd ever tasted and the others enjoyed their dishes equally. It was amazing that a roadhouse more than 1,000 kilometres from the nearest city, and with a population of just eight, could turn out such high-quality food. Not all the roadhouses provided the same standard but they were generally more than adequate and we were rarely disappointed.

Despite the lack of variety in the landscape, I was revelling in each day on the road. The weather was perfect – cool temperatures and clear blue skies – and the evenings we spent around a campfire were among the best of the whole world run.

Most runners will admit they enjoy the sport because it affords them a brief moment of peace in an otherwise hectic day. For me, this was nirvana – I was running in one of the most peaceful of all places on Earth and I got to do it all day, every day.

When a town was too far for me to reach that day, the routine was simple. One of the guys would ride some of the day with me, while Carmel and the other would drive ahead to find a good camping spot near to where I wanted to finish the day. They'd then unhook the caravan and drive back to give us directions to the campsite, which was always off the road and out of sight. Whoever was cycling would then ride ahead while I'd make my way to camp at a much slower pace, picking up the judiciously placed food and drink drops along the way. It was a highly efficient operation on the part of everyone involved. And Jeff would often finish the day running alongside me.

BY THIS TIME I WAS PUTTING IN LONG DAYS.

One occasion was just short of 68 kilometres, almost setting a new record for my longest day of the whole run. Because I was now so fit and the weather conditions ideal, I could have run much further each day had it been necessary. In fact, I was feeling so comfortable with days of 60 kilometres or more I reckon occasional days in excess of 100 kilometres would have been entirely possible.

However, running so far in a single day would have meant starting and finishing in the dark. It was always my philosophy that running around the world was about more than just the running. Starting at a civilised time of the morning and finishing before dark was an important component of this philosophy.

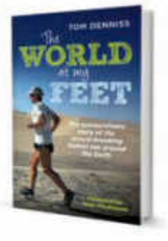
My daily routine had changed little in the year and a half I'd been on the road. I would wake at a similar time each morning, usually around 7.30a.m., drink my chocolate Nesquik ahead of breakfast and then don my running gear. I would hit the road by 8.30a.m. on most occasions, always running at a similar pace and for similar distances – most days between 50 and 60 kilometres.

I would usually run for 10 kilometres between drink and food breaks, with lunch somewhere around 30 or 40 kilometres into the day. Most days would finish between 4 and 5 p.m., upon which I would attend to my documentation and blog posting. After a shower (or sponge bath), I'd then enjoy a few glasses of wine with dinner. I was usually in bed around 10 p.m.

There were variations, of course, but the routine was remarkably consistent. I'm not normally such a creature of habit in my daily life but the task at hand demanded regularity. However, I was never inflexible if a variation to the routine presented itself.

It wasn't such a hard life to bear. And, besides, I could see the end in sight. ms

This is an extract from* The World At My Feet, *by Tom Denniss, published by Allen & Unwin, $32.99.



GARMIN



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fenix® 3 is a rugged, stylish and smart multisport, training GPS watch. With feature sets for fitness training and for outdoor navigation, fenix 3 is ready for any training activity and competition from triathlon to trail running. Perfect for everyday use with smart notifications which allows you to receive all the alerts you'd see on your phone directly to your watch including texts, calendar alerts, social media notifications and more. Access to the Connect IQ platform allows customisation of watch faces, data fields, widgets and activities whether for training or every day use. Who says sports watches can't be stylish?



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men's style

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OUR EDIT OF NEW RETAIL OFFERINGS.

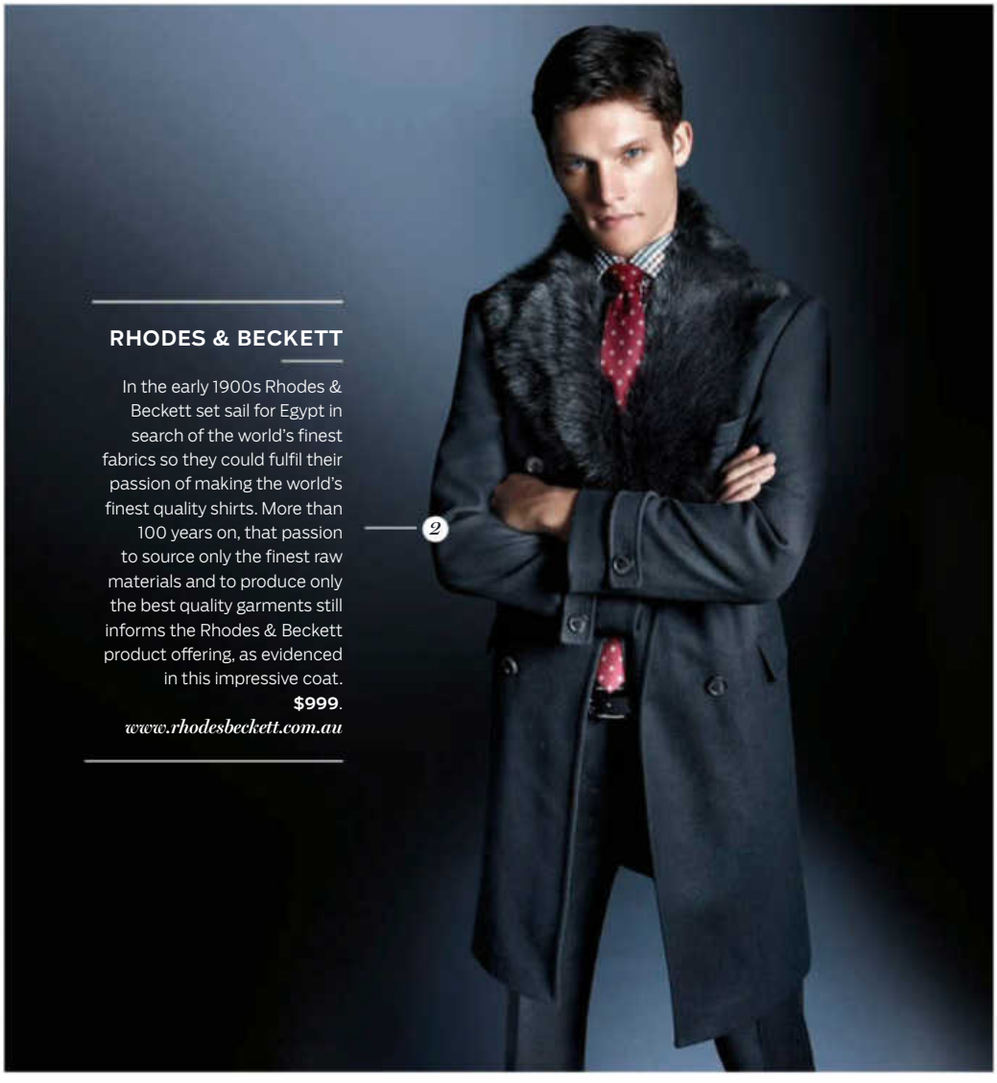


1

BREITLING

Breitling's relationship with car-maker Bentley has been a long and elegant one. It's latest manifestation is the Bentley B06, released in an S version with smaller 44mm diameter (the original was an imposing 49mm) but retaining the ingenious "30-second chronograph" system. Powered by the in-house Manufacture Breitling Calibre B06, a central hand sweeps around the dial in half a minute ensuring precise eighth-of-a-second readings. Available in steel or red gold on bracelet, leather or crocodile strap, or rubber.

Breitling Boutique,
30 Castlereagh Street, Sydney
Ph: (02) 9221 7177.
www.breitling.com



RHODES & BECKETT

In the early 1900s Rhodes & Beckett set sail for Egypt in search of the world's finest fabrics so they could fulfil their passion of making the world's finest quality shirts. More than 100 years on, that passion to source only the finest raw materials and to produce only the best quality garments still informs the Rhodes & Beckett product offering, as evidenced in this impressive coat. **$999**.
www.rhodesbeckett.com.au

2



3

DOLCE & GABBANA

The famous Italian label's fine jewellery collection for men is not only versatile but features goldsmithery techniques that range from hand-carved reliefs, braided wire and engraving to openwork and faceting.
Rooted in the great Italian jewellery making tradition, the new D&G range encompasses symbols of Sicilian tradition as well as variations on the crown motif.
www.dolcegabbana.com

RETAIL



5

HUAWEI

Huawei recently launched TalkBand B2, a hybrid wearable fitness device comprising a full-featured fitness tracker, mobile device companion, and detachable Bluetooth headset with hands-free calling capabilities. Compatible with both Android and iOS devices, the wristband can keep track of steps, calories burned and sleep patterns, as well as notify you of missed calls, reminders and alarms. A partnership with Jawbone means users can send their fitness data to the UP Smart Coach app, turning TalkBand B2 data into personalised fitness advice.
$229-249.
jbhifi.com.au



7

SAMSUNG

Tech-heads in the know claim Virtual Reality remains "the future" when it comes to home entertainment. Samsung is positioning itself as a leader in the wearable technology and mobile virtual reality area, releasing this Samsung Gear VR Innovator Edition, fully optimised and compatible with Samsung Galaxy S6 and S6 edge smartphones. Powered by Oculus, the Gear VR gives users an immersive viewing experience with a comfortable design and head mount and a 5.1-inch Super AMOLED display that allows users to engage with movies, TV shows, VOD services and photos like never before using a compatible Samsung smartphone.
$299.
www.samsung.com.au

SEIKO

Classic sophistication is the best way to describe Presage, the new dress collection from Seiko. Elegance doesn't need to be complicated – a clear easy-to-read dial with date and day indicators that flow smoothly into the solid stainless steel case and bracelet. Scratch resistant sapphire glass ensure the dial stays easy to read, and thanks to 100 metres water resistance, the automatic movement with hand winding is protected from the elements.
$695.
1300 368 546;
www.seiko.com.au

4



VICTORINOX

Selected pieces from the Avolve 2.0 and Spectra 2.0 (below) Victorinox Travel Gear lines have been released in bold limited edition colours: Lagoon and Aqua Blue. The Spectra 2.0 iconic cases are made from break-resistant Bayer polycarbonate, offering lightweight durability with 360 degree weightless movement to create the ultimate hardside travel case. The limited edition pieces should save some 'jostle' time during that time-honoured sport of spotting your luggage on the airport carousel, too.
$499.
www.victorinox.com

6



TOMMY HILFIGER

Tommy Hilfiger's playful and creative take on American traditions and pasttimes has been at the core of the brand since the mid-1980s. In Heartland Spring 2015, Hilfiger further develops his favourite theme as captured in this new season men's shirt, combining the classic Ithaca blue and white stripe with a pattern of embroidered boats. Sail into the warmer season with this versatile and beautifully constructed shirt.
$180.
From Tommy Hilfiger stores and department stores nationally. tommy.com

8





9

VALENTINO UOMO

The forerunner to the Noire edition reviewed in our Fragrances section this issue, perfumer Olivier Polge has achieved a scent full of history, with accords that change on the person over time. Subtle, light; a profoundly Italian blend made of precisely chosen ingredients. It opens with racy notes of coffee and gianduja cream, melding into a musky hint of white leather that reveals the majesty of cedar. The studded bottle reminds of a fine liquer, branded with the unmistakeable signature: Valentino.
From $90.
www.myer.com.au

SPORTSCRAFT

Sportscraft welcomes back gorgeous Australian actress Naomi Watts for its Spring/Summer 2015 campaign.
Ms Watts stars in a collection centred around beautiful fabrication, texture and uplifting colour. For women that means soft tailoring, bold prints and striking colour, to signify the change in season, while for men... well, check the Wallabies in some of the seasonal range for men on page 90 of this issue.
www.sportscraft.com.au

10





11

PANASONIC LUMIX

The Lumix DMC-CM1 combines the photographic quality of a premium camera with a large 1-inch image sensor and smartphone functionality. A high quality digital camera and state-of-the-art smartphone in one, the slim profile fits neatly into a pocket, while a 1-inch 20 Megapixel High Sensitivity MOS sensor and LEICA DC ELMARIT lens, allows it to produce high quality images that rival those of a DSLR. Shoot high resolution 4K video, as well as stunning still images with 4K Photo modes.
$1,399.
www.panasonic.com.au

BALMAIN HOMME

See our Fragrances section on page 86 of this issue for a more in-depth review by Elisabeth King of this fresh new scent – "a sweet/smoky oriental with just the right balance of spicy/clean notes for after-dark impact." The maker describes it as "energetic, creative and modern" – the Balmain Man boldly combines classics with unique pieces.
50ml, $90; 100ml, $125.
Exclusive to Myer
myer.com.au;
www.balmain.com

12





13

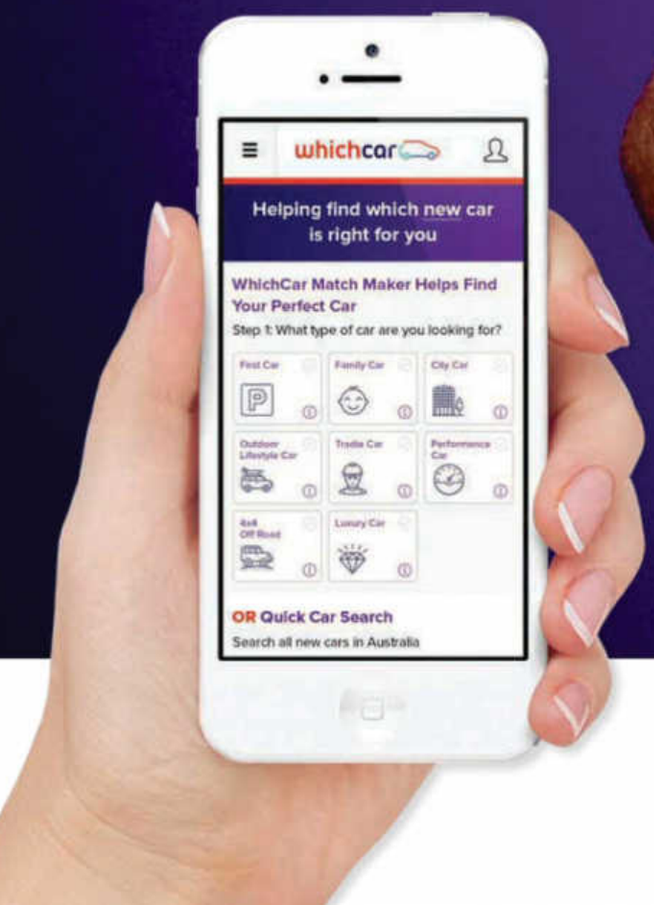
G-STAR

G-Star's unflagging commitment to good design is evident in this Originals Detachable backpack with a zip-off waist pack. Made from Cordura, a lightweight fabric using high tenacity fibre technologies for exceptional durability, the backpack features heavy gauge zippers, internal 15-inch laptop compartment, comfort-padded back and shoulder straps, and a range of colours taken from RAW Prouvé – the collaborative furniture line between G-Star, Vitra, and the family of iconic French designer Jean Prouvé (profiled in the Autumn issue of *Men's Style*).
$140.
www.g-star.com/en_au

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GET THE LOOK, *p76*

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SCOTCH & SODA webstore.scotch-soda.com.au

WATCHES, *p105*

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RADO (03) 8844 3300
RAYMOND WEIL (02) 9363 1088
SEIKO 1300 368 546; www.seiko.com.au

THE PERFECT PAIR, *p118*

POLO RALPH LAUREN (02) 9410 2038; www.ralphlauren.com.au

IT'S ALL IN THE FIT, *p138*

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HERRINGBONE www.herringbone.com
JOE BLACK 1800 128 900
PAUL SMITH www.paulsmith.co.uk
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SPORTSCRAFT www.sportscraft.com.au

RIGHT TO ROLL, *p156*

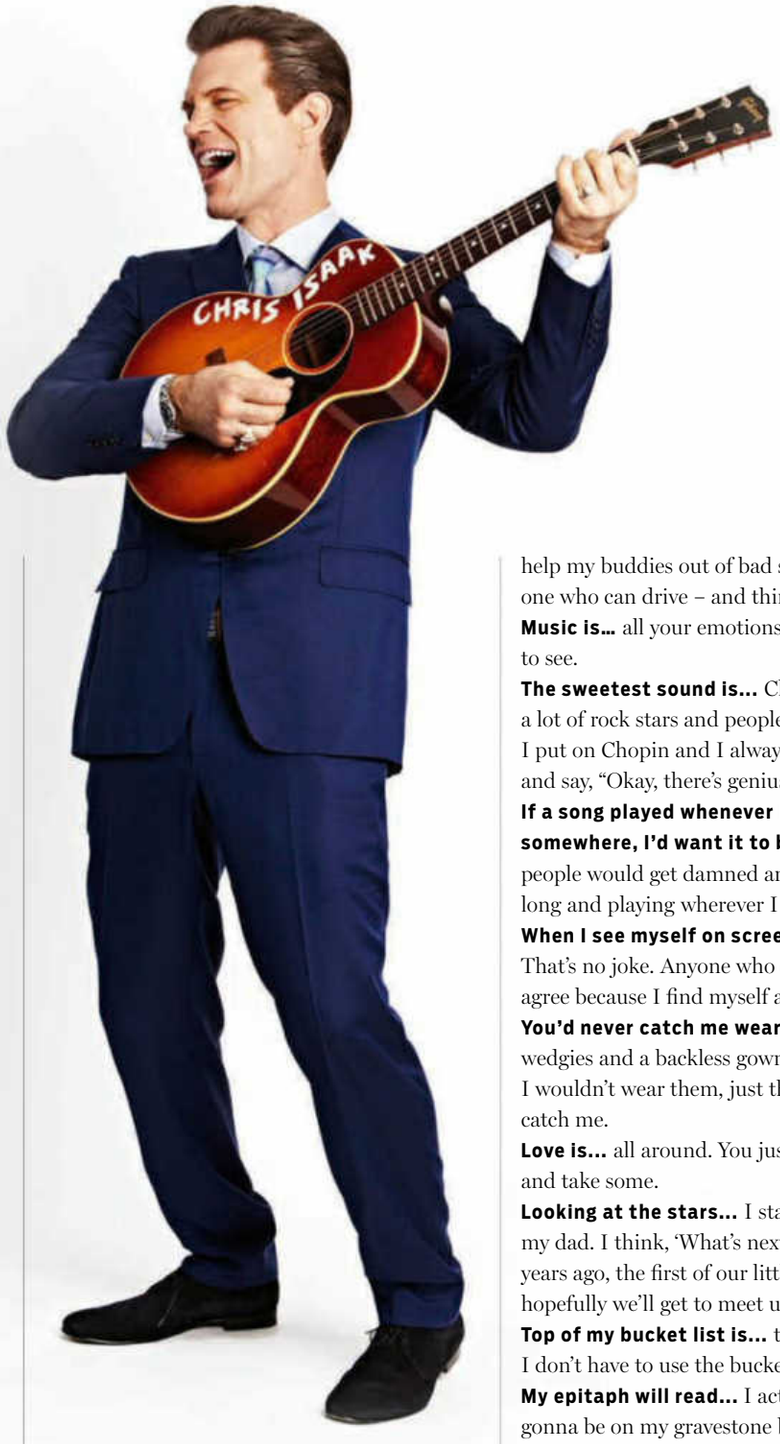
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Interview by MICHAEL ADAMS

CHRIS ISAAK

The Californian crooner on porno dreams, sobriety and Chopin.



A wise man knows… if you pick it, it will never heal.
But a foolish man thinks… I'll pick it anyway.
What makes me laugh is… the Marx brothers. Also, my dog snoring. He's little but he snores like a big dog.
But the unfunniest thing is… comics who act like they're going to go way out on a limb and then say only what's politically safe. I'd rather hear someone risk being offensive or say something unique.
When I was a kid I thought… I would be a comic or a fisherman.
A tweet to my teen self would read: "Marry her". It was a girl that I knew as a teenager. She's gone now, she passed away. But looking back, if I had that shot again, I would've married her.
My heroes have always been… the guys that nobody noticed. When people talk about movies, they always go for the big heroes. But mine are people like Jack Carson or John Garfield. People look at me and say, "I don't know that guy". I'm like, "Nobody does". I identify with the guys who never quite made it.
The last dream I remember… was actually a two-part dream. First there was the raccoon fighting a giant sea creature, then there was a group sex kinda porno. I wish that second part was exciting but it was really boring. I don't know what it means. I just report the facts, sir.
Success is… friends and a job.
Failure can… ruin your weekend.
When in doubt I… agree with whoever is wearing a nice suit.
At the end of a hard day… I play my guitar. Even though that's the day job, it's different when I play it for myself.
At parties I'm… sober. It's handy because I can help my buddies out of bad situations. I'm the one who can drive – and think.
Music is… all your emotions, for all the world to see.
The sweetest sound is… Chopin. There are a lot of rock stars and people that I love. But I put on Chopin and I always bow my head and say, "Okay, there's genius."
If a song played whenever I arrived somewhere, I'd want it to be… short because people would get damned annoyed if it was long and playing wherever I went.
When I see myself on screen I… fall asleep. That's no joke. Anyone who doesn't like me, I agree because I find myself amazingly boring.
You'd never catch me wearing… open-toed wedgies and a backless gown. I didn't say I wouldn't wear them, just that you wouldn't catch me.
Love is… all around. You just have to give some and take some.
Looking at the stars… I start thinking about my dad. I think, 'What's next?' He died four years ago, the first of our little family unit, and hopefully we'll get to meet up again.
Top of my bucket list is… to fix the toilet. So I don't have to use the bucket.
My epitaph will read… I actually know what's gonna be on my gravestone because I bought it already. It's in an Italian cemetery in my hometown next to my dad and you can only have your name. It's funny – I like to make jokes, I'm a creative guy, and I can think of lots of funny things to write, but in the end it'll just say "Christopher J. Isaak" carved in marble up on that wall. And that'll be okay. mw

> "'I PUT ON CHOPIN AND I ALWAYS BOW MY HEAD AND SAY, "OK, THERE'S GENIUS."'"

Chris Isaak appears as a judge on **The X Factor**, *coming soon on the Seven Network.*


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JEANS
RAW
how do you wear yours? g-star.com

#DontCrackUnderPressure

TAG Heuer

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